

Retreat at Home: a 2-day online weekend retreat

NB: You will be sent a schedule 2 days before your retreat where all items under Location will be live links and can be used for access.

Friday

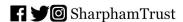
Please log in 5 minutes before the retreat starts

Time	Activity	Location
5:30 pm	Welcome, introductions and landing	Zoom
6:10 pm	Sharing in small groups	Zoom
6:40 pm	Break	Offline
8:00 pm	Guided meditation	Zoom
8:30 pm	End of day	

Saturday

Time	Activity	Location
7:45 am	Movement practice	Offline
8:00 am	Guided meditation	Zoom
8:40 am	Morning break, breakfast	Offline
9:45am	Morning meeting	Zoom

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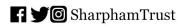
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Optional one-to-one check-ins	Phone
Nature connection practice	Offline
Guided meditation	Zoom
Break for lunch	Offline
Practice of rest	Offline
Teaching, 10 minute sit and 20 minute discussion	Zoom
Break for supper	Offline
Optional social time	Zoom
Break	
Small group practice discussion	Zoom
Meditation	Zoom
End of day	
	Nature connection practice Guided meditation Break for lunch Practice of rest Teaching, 10 minute sit and 20 minute discussion Break for supper Optional social time Break Small group practice discussion Meditation

Sunday

Time	Activity	Location
7:45 am	Movement practice	Offline
8:00 am	Guided meditation	Zoom

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8:40 am	Morning break, breakfast	Offline
9:45 am	Morning meeting	Zoom
11:15 am	Optional one-to-one check-ins	Phone
11:30 pm	Nature connection practice	Offline
12:30 pm	Guided meditation	Zoom
1:00 pm	Break for lunch	Offline
3:00 pm	Practice of rest	Offline
3:30 pm	Guided meditation	Zoom
4:00 pm	Offerings	Zoom
5:00 pm	Closing circle	Zoom

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End

5:15 pm