

## 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.

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### Friday

**Please log in 5 minutes before the retreat starts**

<b>Time</b>	<b>Activity</b>	<b>Location</b>
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	

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### Saturday

<b>Time</b>	<b>Activity</b>	<b>Location</b>
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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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	Teaching, 10 minute sit and 20 minute discussion	Zoom
5:00 pm	Break for supper	Offline
6:30 pm	Optional social time	Zoom
7:00 pm	Break	
7:30 pm	Small group practice discussion	Zoom
8:00 pm	Meditation	Zoom
8:30 pm	End of day	

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## 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
5:15 pm	End	

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