

## HOME MEDITATION RETREAT SCHEDULE

My wish for you and our collective container is that we all arrive wherever we will be with plenty of time to set up our spaces, tend to the internal transition, and settle in before we log on.

What	Pacific	Mountain	Eastern
FRIDAY			
<b>Opening session</b> <i>including brief meditation</i>  <b>Required</b> <i>if not possible contact Emily</i>	6-7pm		9-10pm
SATURDAY			
<b>Meditation and Writing</b>	6-7am		9-10am
<b>Brief Meditation and Check-in</b>	11:30am-12pm		2:30-3pm
<b>Meditation and Creative Expression</b>	6-7pm		9-10pm
<b>Meditation</b>	9-9:15pm		12-12:15am
SUNDAY			
<b>Meditation and Writing</b>	6-6:45am		9-9:45am
<b>Closing session</b> <i>including brief meditation</i>  <b>Suggested</b> <i>If not possible contact Emily</i>	8-9am		11-12pm

My wish for all of us is an ease-filled return to non-retreat life. I recommend as spacious an afternoon and evening as we can each manage with time for rest and subconscious integration. You may be more tired and more open and tender than you might expect. Practice compassion towards yourself and others.