

## **Jewish Meditation Shabbaton Schedule**

### **FRIDAY NIGHT**

5:00 Registration begins. Please feel free to settle and sit in the Community Hall or walk around the farm. Please preserve the Community Hall as a space without speaking or shoes.

**6:00** Welcome and Sitting and Walking Meditation with *Hadlakat Nerot*/Candle Lighting. Please make yourselves comfortable in chairs/cushions/backjacks. We will welcome everyone at 6:10.

**7:00** *Kabbalat Shabbat/Welcoming Shabbat* and *Maariv/Evening Prayers* with *Mourner's Kaddish*

### **8-8:15 Bio Break**

**8:15** Dinner with blessings, teaching and singing

**9:30** Layla tov/ Good night

### **SATURDAY**

**8:30** Sitting Meditation

**9:00** Light Breakfast and time for walking meditation

**9:30** Sitting meditation

**9:50** Chanting and prayer

**11:15-11:30** Bio break

**11:30** Teaching and Practice

**12:15** Lunch with blessings, teaching and singing (break included)

**2:30** Sitting and Walking and Q & A

**4:10** *Mincha*/Afternoon prayer practice with *Mourner's Kaddish*

**5:50** Seudat Shlishit (Dinner) with blessings, teaching and singing

**7:00** Sitting and chevruta

**7:55** Havdalah