

Letting Go of Limitations

Meditation Retreat Schedule

Thursday, 6 December 2018

Time	Activity
5.00pm	Check - In
5:45pm	Orientation in Teaching Hall
6:00pm	Dinner
7:30pm	Teaching Session
9:00pm	Personal Practice

Friday and Saturday, 7 - 8th December 2018

Time	Activity
7:00am	Breakfast
8:00am	Personal Practice
9:00am	Teaching Session
10:30am	Personal Practice & Morning Tea
12:00pm	Lunch
1:00pm	Personal Practice
3:00pm	Afternoon Tea
3:30pm	Group Practice
4:30pm	Personal Practice
6:00pm	Dinner
7:30pm	Teaching Session
9:00pm	Personal Practice

Sunday 9 December 2018

Time	Activity
7:00am	Breakfast
8:00am	Personal Practice
9:00am	Teaching Session
10:30am	Morning Tea
11.00am	Group Practice
12:00pm	Lunch
2:00pm	Check Out