

Schedule*

8:50 settle in

9:00 sit (40 min)

9:40 walk/break

9:45 sit (40 min)

10:25 break/walk/tea [15 min]

10:40 sit (40 min)

11:20 walk/break

11:25 talk (20 min)

11:45 sit (20 min)

12:05 lunch [40 min]

12:45 sit (40 min)

1:25 walk/break

1:30 sit (40 min)

2:10 break/walk/tea [15 min]

2:25 sit (40 min)

3:05 walk/break

3:10 sit (20 min)

3:30 finish

*Please look after your health & well-being and take longer or extra rests/breaks when needed. Jack available to talk anytime. During lunch is a good time if you'd like to talk about your practice. Post-retreat chat/debrief will take place for anyone who wants to participate.

There will be tea & coffee available in the kitchen