



Beginner's Mind Retreat Schedule
"Finding Inner Stability in Uncertain Times"

10/15/24 to 10/17/24

All Times in EST

FRIDAY November 15

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| 6 to 7pm | Registration; simple dinner available in the kitchen |
| 7:00 | Retreat Orientation/Instructions; Mindful Work Assignments |
| 7:45-8:55 | The Art of Relaxation and Meditation |
| 9:00 | Conclusion |



Beginner's Mind Retreat Schedule: November 16, 2024

SATURDAY November 16

AM

9:00-9:30	Morning Exercise
9:30-10:00	Group Meditation: Sitting, Walking, Yoga
10:15-11:30	The Art of Seeing
11:30-12:00	Group Meditation

PM

12:00-12:50	Lunch; The Art of Mindful Eating
12:50-1:20	Mindful Work Practice
1:20-1:50	Rest
1:55	Preparation Bell
2:00-3:30	Group Meditation: Sitting, Walking, Yoga
3:35-5:00	The Art of Listening
5:30	Dinner: The Art of Eating and Mindful Work Practice
7:00	Dharma Sharing
8:00	Group Meditation: Sitting, Walking, Yoga
9:00	Conclusion



Beginner's Mind Retreat Schedule: November 17, 2024

SUNDAY November 17

AM

9:00-9:30	Eight Forms of Moving Meditation
9:30-10:00	Group Meditation: Sitting, Walking, Yoga
10:00-11:15	The Art of Questioning Workshop
11:20-12:15pm	The Art of Sharing and Gratitude

PM

12:15-1:15pm	Lunch and Mindful Work Practice
1:15	Conclusion