

Day Programme

(Subject to change depending on group dynamics and circumstances)

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| 9.45 – 10 | : Arrival Logging into Zoom & tea and chat |
| 10 – 10.30 | : Welcome and introduction to programme and Q&A about retreat |
| 10.30 – 11 | : Compassionate Soothing Movement Practice |
| 11 – 11.30 | : Body Scan Meditation |
| 11.30 – 11.45 | : Outside looking at the sky and smelling the air compassion practice |
| 11.45 – 12 | : Awareness of Breath Meditation |
| 12 – 12.30 | : Compassionate Walking Meditation |
| 12.30 – 13.30 | : Mindful and Compassionate lunch & Self-occupied time |
| 13.30 – 14.00 | : Awareness of Breath Meditation |
| 14.00 – 14.15 | : Outside looking at the sky and smelling the air compassion practice |
| 14.15 – 14.45 | : Awareness of Breath Meditation |
| 14.45 – 15.00 | : Tea drinking meditation. |
| 15.00 – 16.00 | : Compassionate Soothing Movement Practice followed by
Sleeping and resting meditation |
| 16 – 16.30 | : Group sharing and Q&A |
| 16.30 | : End of retreat |