

Daily Schedule

Unless advised otherwise sessions are in meditation hall

Standard Program	Option
5.15 No bell	Pranayama
5.45 Wake up bell	
6.15 Yoga in hall led by Tam	Walk or Yoga Nidra
7.15 Meditation sit in hall	
8.00 Breakfast	
8.30 Engaged Mindfulness period	Free time
9.30 Meditation talk and guided practice	
10.30 Mindful movement	
11.30 Meditation	Light lunch for yoga
12.30 Lunch	
13.15 Work period	Interviews with Tam
13.30 Free Time	in dining hall
15.00 Beginners yoga in dining hall with Kate	Experienced yoga with Tam
16.00 Beg Meditation instruction in dining hall	
16.30 Meditation with Tam	Interviews with Geoff in dining hall
17.00 Walk meditation with Tam	
17.30 Meditation with Tam	
18.00 Dinner	
19.00	Silent meditation in hall
19.30 Dharma talk	
20.30 Meditation	
21.00 Rest	