

All-Day Retreat Task # 4

Online Live Retreat Schedule

- 9:00AM: The Online Retreat Hall opens
- 9:30AM: Opening Bell
- 9:30AM: Opening Ritual and Greetings
- 9:45AM-12:00PM: Guided and Silent Practices (2.25 hours)
- 12:00PM-1:00PM: Mindful Lunch and Rest Period (1 hour)
- 1:00-3:15PM: Guided and Silent Practices (2.25 hours)
- 3:15PM: Closing Ritual and Goodbye
- 3:30PM: Closing Bell
- 3:30PM: Host will unmute you for goodbyes
- 3:45PM: The Online Retreat Hall closes