

Daylong Retreat Schedule [sample]

Way Opens Wellness

10:00 – 10:30	Introduction to Retreat and Guided Meditation
10:30 - 11:00	Guided Mindful Movement
11:00 – 11:30	Sitting Meditation
11:30 – 12:00	Walking Meditation (with instruction)
12:00 – 12:30	Sitting Meditation
12:30 – 1:30	Lunch / Personal Practice
1:30 – 1:45	Guided Post-Lunch Mindfulness
1:45 -- 2:15	Guided Mindful Movement or Walking Meditation (on your own)
2:15 – 3:00	Loving Kindness Practice (Metta)
3:00 – 3:30	Walking Meditation or Personal Movement Practice
3:30 - 4:00	End of Silence and Closing Community Circle

