

Half Day 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 – 11:45	Sitting Meditation
11:45 – 12:05	Walking Meditation (with instruction)
12:05 – 12:45	Sitting Meditation
12:45 – 1:00	Closing Community Circle

