

Heartwood Refuge Online Retreat Schedule

With Donald Rothberg & Ronya Banks

October 16 – 22

(All Times: Eastern Time Zone)

Sessions: Day 1 (Friday, October 16, Opening Day)

- *4:30 – 5:30 p.m. Organizing meeting on practical and technical matters: Required for all retreatants: 1 hour.
- 5:30 Supper and Open Time
- *7 – 8:30 Opening Session
- 8:30 Further Practice: Walking and Sitting.
- 9:30 Rest or Further Practice.

Sessions: Days 2-6 (Saturday to Wednesday, October 17 - 21)

- *7 to 7:30 a.m. Sitting.
- 7:30 to 9 a.m. Breakfast/Home Practice.
- *9 to 9:45 a.m. Sitting.
- 9:45 to 11 a.m. Home practice (walking, sitting).
- *11 a.m. to noon Instructional sitting, Q&A. Mindfulness.
- Noon to 2 p.m. Lunch/Home Practice/Free Time.
- **1 to 1:45 p.m. Small Groups.
- *2 to 3 p.m. Instructional sitting, Q&A.
- 3 to 4:30 p.m. Home Practice.
- *4:30 to 4:55 p.m. Sitting.
- 4:55 to 5 p.m. Break.
- *5 to 6 p.m. Dharma Talk, Q&A.
- 6 to 7:30 p.m. Supper/Home Practice.
- **6:45 to 7:30 p.m. Small Groups.
- *7:30 to 8 p.m. Sitting.
- 8 to 8:30 p.m. Walking
- *8:30 to 9 p.m. Sitting, chanting.

Sessions: Day 5 (Thursday, October 22, Closing Day)

- *7 – 7:30 a.m. Early sitting with practice leader.
- *9 – 9:30 Sitting.
- 11 – 12:30 p.m. Closing session.
- 12:30 End of retreat.

* = Zoom Session (*Heartwood Refuge Zoom link*).

** = Zoom Session (*Assigned Group Zoom link*).