

# The Five Bundles of Clinging with Santikaro

Heartwood Refuge Retreat Center

<b>Time</b>	<b>Wednesday</b> August 19	<b>Thurs - Sat</b> August 20-22	<b>Sunday</b> August 23
<b>Early Morning</b>		Awaken Home Practice Breakfast	Home Practice
<b>9:00 AM</b>		Guided Meditation / Instructions	Guided Meditation / Instructions
<b>10:30 AM</b>		** Walking Med / Mindful Movement – Suggested	Retreat Closing
<b>11:15 AM</b>		** Silent Meditation	Retreat Ends
<b>12:00 – 2 PM</b>		Lunch/Open Time	
<b>2:00 PM</b>		Teaching & reflection "Bundles of Clinging: Understanding & Liberating"	
<b>3:30 – 5:45 PM</b>		** Home Practice	
<b>6:00 PM</b>		** Supper & Life Stuff	
<b>7:00 PM</b>	Retreat Welcome	** Home Practice	
<b>8:00 PM</b>	Dharma Talk	Teaching "Bundles of Clinging: Understanding & Liberating"	
<b>9:00 PM</b>		** More Practice, Life Stuff, and Sleep when needed	

- Please mute yourself during guided meditations & talks
- Please unmute yourself to ask a question during Q&A periods
- You can use the Chat feature to type in and ask a question or send via email
- In “Manage Participants” on bottom, you can raise your hand on bottom
- Please show up for scheduled meeting with the teacher

**\*\* Home Practice:** You design your own schedule of sitting and walking or resting