

**Self-Mettā: A Foundational Practice for the Brahmavihārās  
December 12-13, 2020**

SCHEDULE

Note: All times are in the Eastern Time Zone

Saturday, December 12

10:00 - 11:30 a.m. learning and practicing together on Zoom

11:30 – 1:00 p.m. break

1:00 – 2:30 p.m. learning and practicing together on Zoom

2:30 – 3:30 p.m. individual practice

3:30 – 5:00 p.m. learning and practicing together on Zoom

Sunday, December 13

10:00 - 11:30 a.m. learning and practicing together on Zoom

11:30 – 1:00 p.m. break

1:00 – 2:30 p.m. learning and practicing together on Zoom

2:30 – 3:30 p.m. individual practice

3:30 – 5:00 p.m. learning and practicing together on Zoom

5:00 p.m. end of retreat