

Recognizing Natural Awareness
Five Day Online Insight Meditation Retreat
With Greg Scharf August 13 - 18, 2021

Retreat Schedule

*Times are MDT (mountain daylight time) *Teacher-led sessions are in **bold**.

THURSDAY, AUGUST 12, 2021

11:00 a.m. - noon Orientation and Technical Meeting (all please attend).
More information on how to join this meeting will be forthcoming.

FRIDAY, AUGUST 13, 2021 - OPENING DAY SCHEDULE

*Teacher-led sessions are in **bold**.*

2:30 - 3:30 pm **Opening Session**
5:00 - 6:00 pm **Meditation & Instructions**

AUGUST 14 - 17, 2021 DAILY SCHEDULE

*Teacher-led sessions are in **bold**.*

6:45 a.m. Wake up
7:15 a.m **Sitting meditation**
8:00 a.m. Breakfast
9:00 a.m. - 10:00 a.m. **Sitting Meditation with Instructions**
10:00 a.m. - 12:30 p.m. Individual practice
10:30 -12:00 **Small group practice meetings**
12:00 p.m. Mindful meal & daily activities
2:00 p.m. - 5:30 p.m. Individual practice
3:00 p.m. **optional mindful movement with Greg**
5:30 p.m. Mindful meal & daily activities
7:15 p.m. **Dhamma talk/Reflection**
8:15 - 10:00 p.m. Individual Practice

WEDNESDAY, AUGUST 18, 2021 CLOSING DAY SCHEDULE

*Teacher-led sessions are in **bold**.*

6:45 a.m. Wake up
7:15 a.m **Sitting meditation**
8:00 a.m. Breakfast
9:00 a.m. - 10:00 a.m. **Sitting Meditation with Reflection**
10:00 - 11:00 Individual practice & mindful daily activities
11:00 a.m. - 12:00 p.m. **Closing Session**