

Silent Meditation Retreat & Satsang with Norman

Saturday, February 16, 2019

9:00 am	Check-in & Gathering Time (BodhiHeart Yurt)
9:30 am	Orientation to the Day / Silent Meditation Instruction
9:45 am	Kirtan
10:00 am	Sitting Meditation
10:30 am	Satsang
12:00 pm	Lunch / Movement Break
12:30 pm	Kirtan
12:45 pm	Sitting Meditation
1:15 pm	Movement Break
1:30 pm	Kirtan
1:45 pm	Sitting Meditation
2:15 pm	Movement Break
2:30 pm	Kirtan
2:45 pm	Sitting Meditation
3:15 pm	Satsang
4:45 pm	Closing
5:00 pm	Departure