

Silent Meditation Retreat & Satsang with Norman

Saturday, February 16, 2019

9:00 am	<u>Check-in & Gathering Time</u> (BodhiHeart Yurt)
9:30 am	Orientation to the Day
9:40 am	Meditation Guidance
9:50 am	Kirtan
10:00 am	Sitting Meditation
10:40 am	Break
10:55 am	Sitting Meditation
11:35 am	Kirtan
11:45 am	SATSANG
12:45 pm	Lunch Break
1:30 pm	Kirtan
1:40 pm	Sitting Meditation
2:10 pm	Break
2:25 pm	Sitting Meditation
3:05 pm	SATSANG
4:05 pm	Break
4:20 pm	Kirtan
4:30 pm	Closing, followed by tea & chat
5:00 pm	Departure

