

## **Mindfulness Meditation September 24-26, 2021**

### **Friday, September 24**

4:00 Check In  
5:00 Wine and Cheese Social  
5:30 Dinner  
7:30 Introductions and getting started

### **Saturday, September 25**

7:30 Early bird short meditation  
8:00 Breakfast  
9:00 Teaching on Mindfulness and practice  
10:30 Guided Hike  
12:00 Teaching on Mindfulness in Eating  
12:30 Lunch  
Free Time  
3:00 Teaching on Compassion meditation and practice  
5:30 Dinner  
7:00 Campfire  
8:30 Evening guided imagery with music

### **Sunday, September 26**

7:30 Early bird short meditation  
8:00 Breakfast  
9:30 Morning Prayer at the Shrine  
  
10:15 Teaching on Bringing Mindfulness Home and practice  
12:30 Lunch

**Depart in Peace!**