

Tentative Schedule

Cultivating Awareness and Understanding Online Retreat with Vance Pryor February 25 & 26, 2022

Friday, February 25th (7:00 PM - 9:00 PM)

7:00 - 7:30 PM	Welcome
	- Technology Overview
	- Overview of the retreat
7:30 - 8:45 PM	Evening Program
	- Dharma Talk
	- Break/Stretch
	- Sitting and/or Walking Meditation
8:45 - 9:00 PM	Q&A
9:00 PM	Continued Practice/End of Evening Program

Saturday, February 26th (10:00 AM - 5:00 PM)

10:00 - 10:30 AM	Welcome
	- Technology Overview
	- Overview of the day
10:30 AM - 12:45 PM	Morning Program
	- Dharma Talk
	- Break/Stretch
	- Sitting and/or Walking Meditation
12:45 - 1:00 PM	Check in
1:00 - 1:45 PM	Lunch
1:45 - 4:30 PM	Afternoon Program
	- Dharma Talk
	- Break/Stretch
	- Sitting and/or Walking Meditation
4:30 - 4:50 PM	Q&A
4:50 - 5:00 PM	Closing