# Insight Meditation and Yoga retreat

11 – 15 March 2021

## Schedule

### Thursday

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|---|---|
| 7:15 - 8:45pm | Opening talk* |

### Friday-Sunday

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|---|---|
| 7:30 - 8:30am | Yoga and breath-work* |
| 10:00 - 11:30am | Insight meditation reflections, instructions and practice* |
| 12:00 - 12:45pm | Optional group meeting |
| 3:00 - 5:15pm | Yoga and inquiry* |
| 7:15 - 8:30pm | Meditation and Dharma talk* |
| 9:00 - 9:30pm | Meditation |

### Monday

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|---|---|
| 7:30 - 8:30am | Yoga and breath-work* |
| 10:00 - 11:30am | Insight meditation reflections, instructions and practice* |
| 12:00 - 12:45pm | Optional group meeting |
| 3:00 - 5:15pm | Yoga and inquiry* |
| 7:15 - 8:45pm | Closing session and sharing* |

** These sessions will be recorded and made available on the retreat noticeboard.*