

# Relax, Open, Awake

Sunday, 31 January — Friday, 4 February

## Schedule

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*All times shown in Greenwich Mean Time (GMT)*

### Opening Day — Sunday, 31 January:

<b>15:30-18:00</b>	<b>Opening Session</b>
<b>18:00</b>	<b>Supper</b>
<b>19:30</b>	<b>Guided meditation</b>
<b>20:15</b>	<b>Rest or further practice</b>

### Monday – Thursday, 1-5 February:

06:30	Personal Mindful Movement or Exercise
07:15	Sitting Meditation
08:00	Breakfast
<b>09:30</b>	<b>Meditation with Instructions</b>
10:30	Walking Meditation / Optional time for Questions
11:00	Walking Meditation continues
11:30	Sitting Meditation
12:15	Walking Meditation / <i>(sometimes)</i> Listening Groups—Group Interviews
13:00	Lunch
<b>15:30</b>	<b>Meditation and Dharma Talk</b>
16.30	Walking Meditation / <i>(sometimes)</i> Listening Groups—Group Interviews
17:15	Sitting Meditation
18:00	Supper
19:30	<b>Guided Meditation</b>
20:15	Walking Meditation
20:45	Sitting Meditation
21:15	Rest or Further Practice

### Closing day — Friday, 5 February:

06:30	Personal Mindful Movement or Exercise
07:15	Sitting Meditation
08:00	Breakfast
<b>09:30-12:30</b>	<b>Closing Session</b>

We request you consider attending as much of the retreat as you can manage. We particularly would like you to attend the sessions shown in **bold**, if you are unable to attend in person, please listen in to the recordings as soon as you can.

We also request a commitment to attend your small group interview meetings (listening groups) with one of the teachers during the retreat.