

# WINTER WEEKEND RETREAT

*Online with Mukti*



## Program Schedule

December 10 – 12, 2021

Pacific Time Zone (PT)

### Days 1 – 2 (Friday – Saturday)

8:00 AM	Self-guided Meditation ^
8:40 AM	Breakfast/Break
10:00 AM	Mukti's Talk **
11:00 AM	Break
11:20 AM	Guided Meditation **
Noon	Lunch/Break
1:30 PM	Self-guided Meditation ^
2:10 PM	Break
2:30 PM	Self-guided Meditation ^
3:10 PM	Break
3:30 PM	Qi Gong (35 min) #
4:05 PM	Break
4:20 PM	Self-guided Meditation ^
5:00 PM	Dinner/Break
6:00 PM	Q&A with Mukti **
7:30 PM	Break
7:50 PM	Meditation **
8:30 PM	Meditation Ends

### Day 3 (Sunday)

8:00 AM	Self-guided Meditation ^
8:40 AM	Qi Gong (15 min) #
9:00 AM	Breakfast/Break
10:00 AM	Mukti's Talk **
11:00 AM	Break
11:20 AM	Guided Meditation **
Noon	Lunch/Break
1:00 PM	Self-guided Meditation ^
1:40 PM	Break
2:00 PM	Closing Talk/Q&A **
3:30 PM	Retreat Concludes

#### LEGEND

\*\* Live Broadcast

^ Self-guided

# Prerecorded