



# PIVOTAL TEACHINGS OF ADYASHANTI

RECOLLECTIONS AND REFLECTIONS WITH MUKTI



Online Weekend Retreat



Photo by Diana Kopye

## Program Schedule

December 9 – 11, 2022

Pacific Time Zone (PT)

### Days 1 – 2 (Friday – Saturday)

8:00 AM	Live Meditation w/Mukti & Adya **
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	Live Meditation w/Mukti & Adya **
8:30 PM	Meditation Ends

### Day 3 (Sunday)

8:00 AM	Live Meditation w/Mukti & Adya **
8:40 AM	Qi Gong (15 min) #
9:00 AM	Breakfast/Break
10:00 AM	Mukti's Talk and Q&A **
11:30 AM	Break
11:50 AM	Guided Meditation **
12:30 PM	Lunch/Break
1:30 PM	Self-guided Meditation ^
2:10 PM	Break
2:30 PM	Mukti's Closing Talk **
3:30 PM	Retreat Concludes

#### LEGEND

\*\* Live Broadcast

^ Self-guided

# Prerecorded