

## **Living Fully, Loving Well**

An Online Insight Meditation Retreat with David Chernikoff  
*All times are for **Mountain** time zone*

Sunday, December 29<sup>th</sup> – Tuesday, December 31<sup>st</sup>, 2024

(\*Indicates online activity)

### Sunday and Monday, December 29<sup>th</sup> and 30<sup>th</sup>

*7:30– 8:15 am	Welcome, opening, and sitting meditation (Sunday); Sitting meditation (Monday)
8:15– 9:30 am	Home-based practice; morning meal
*9:30 – 10:30 am	Meditation instruction and sitting practice
10:30 – 11:15 am	Walking meditation instruction / Walking meditation or mindful movement
*11:15 – 12:00 pm	Meditation instruction and sitting meditation
*12:00 – 12:30 pm	Discussion / Q & A (video optional)
12:30 – 2:00 pm	Home-based practice; midday meal
*2:00 – 3:00 pm	Meditation instruction and sitting practice
3:00 – 3:30 pm	Walking meditation or mindful movement
*3:30 – 4:30 pm	Dharma talk
4:30 – 5:00 pm	Walking meditation or mindful movement
*5:00 – 6:00 pm	Experiential exercises
6:00 – 7:30 pm	Home-based practice; evening meal
*7:30 – 8:30 pm	Meditation / Discussion / Q & A
8:30 pm	Rest or further practice

### Tuesday, December 31<sup>st</sup>

*7:30 – 8:15 am	Sitting meditation
8:15 – 9:30 am	Home-based practice
*9:30 – 10:15 am	Meditation instruction and sitting practice
10:15 – 11:00 am	Walking meditation or mindful movement
*11:00 – 12:30 pm	Closing session
*12:30 – 1:00 pm	Social time (optional)

