

HEART INSIGHT'S DAY OF SILENCE

PROGRAM

- 8:45 to 9:00 Arrive and set up
- 9:00 welcome and introduction
- 9:10 start of noble silence and sitting meditation (40 mins)
- 9:50 walking (or stretching) meditation (20 mins)
- 10:10 sitting meditation (40 mins)
- 10:50 morning tea (silent, 20 mins)
- 11:10 sitting meditation (40 mins)
- 11:50 walking (or stretching) meditation (20 mins)
- 12:10 sitting meditation (40 mins)
- 12:50 lunch (BYO, silent, 40 mins)
- 1:30 sitting meditation (40 mins)
- 2:10 walking (or stretching) meditation (20 mins)
- 2:30 sitting meditation (40 mins)
- 3:10 closing circle / cup of tea – end noble silence
- 3:40 tidy up, pack up