

## **Day of Mindfulness Program**

8:30 – 8:45	Zoom Check-In
8:45	Introduce Teacher
8:45 – 9:00	Opening Chant
9:00 – 9:45	Sitting Meditation (some guidance)
9:45 – 10:30	Walking Meditation (some guidance)
10:30 – 11:15	Sitting Meditation
11:15 – 11:30	Announcements
11:30 – 12:45	Lunch Break (Zoom will remain open)
12:45 – 1:30	Dhamma Talk
1:30 – 2:15	Walking Meditation
2:15 – 3:00	Sitting Meditation / Sharing Merit / Closing Chant