

# **Perfection of the Present Moment**

A Five-Day Virtual Mindfulness Meditation Retreat with Mary Grace Orr, Anne Briggs, Larissa Kitenko, and Rebecca Kronlage

Wednesday 7pm - Sunday 4pm Eastern Time via Zoom. Thursday-Saturday schedule as follows:

9:30 AM: Morning meditation - retreat ZOOM —Larissa and Anne share

10:15: Yoga session - ZOOM - Rebecca

11:15: Sit - ZOOM

[NB: 9:30-12 EDT on the retreat ZOOM]

Offline

12:00 Walking

12:30-2 Lunch break

2:00 Sit with instructions, q & a - retreat ZOOM - — Mary Grace

3: Walking Practice (Practice discussions Friday and Saturday, use independent Zoom rooms)

3:45: Sitting - retreat ZOOM

4:30: Walking Practice (Practice discussions Friday and Saturday, independent Zoom rooms)

5:15: Sitting - retreat ZOOM

6-7:15: Supper break

7:15: Sit

7:45: Dharma talk - retreat ZOOM

8:30: Final sit - retreat ZOOM