

Zoom Meeting Room Info

<https://zoom.us/j/4717056945?pwd=UudBNVBXeHFKcTI6TXdlb3c2WDBVdz09>

ID: 471 705 6945

Password: silent

Time Zone: CST

* are Zoom meetings

Start: Mon Jan 18, 2021, 8:30 AM

| | | |
|-----------------------|------------------------|-------------------------------------|
| DAY 1 | 8:30 AM | sit |
| | 9:00 AM | breakfast |
| | <u>10:00 AM</u> | <u>*instruction, Q&A</u> |
| | 11:00 AM | walk |
| | 11:30 AM | sit |
| | 12:00 PM | walk |
| | 12:30 PM | sit |
| | 1:00 PM | lunch |
| | 3:00 PM | sit |
| | 3:30 PM | yoga |
| | 4:30 PM | sit |
| | 5:00 PM | walk |
| | 5:30 PM | sit |
| | 6:15 PM | dinner |
| | 7:30 PM | sit |
| <u>8:00 PM</u> | <u>*talk</u> | |

Start: Tue Jan 19, 2021, 8:30 AM

| | | |
|-----------------------|------------------------|-------------------------------------|
| DAY 2 | 8:30 AM | sit |
| | 9:00 AM | breakfast |
| | <u>10:00 AM</u> | <u>*instruction, Q&A</u> |
| | 11:00 AM | walk |
| | 11:30 AM | sit |
| | 12:00 PM | walk |
| | 12:30 PM | sit |
| | 1:00 PM | lunch |
| | 3:00 PM | sit |
| | 3:30 PM | yoga |
| | 4:30 PM | sit |
| | 5:00 PM | walk |
| | 5:30 PM | sit |
| | 6:15 PM | dinner |
| | 7:30 PM | sit |
| <u>8:00 PM</u> | <u>*talk</u> | |

Start: Wed Jan 20, 2021, 8:30 AM

| | | |
|-----------------------|------------------------|--|
| DAY 3 | 8:30 AM | sit |
| | 9:00 AM | breakfast |
| | <u>10:00 AM</u> | <u>*instruction, Q&A</u> |
| | 11:00 AM | walk |
| | 11:30 AM | sit |
| | 12:00 PM | walk |
| | <u>12:30 PM</u> | <u>sit or *group M1 meeting</u> |
| | 1:00 PM | lunch |
| | 3:00 PM | sit |
| | 3:30 PM | yoga |
| | 4:30 PM | sit |
| | 5:00 PM | walk |
| | 5:30 PM | sit |
| | 6:15 PM | dinner |
| | 7:30 PM | sit |
| <u>8:00 PM</u> | <u>*talk</u> | |

Start: Thu Jan 21, 2021, 8:30 AM

| | | |
|-----------------------|------------------------|--|
| DAY 4 | 8:30 AM | sit |
| | 9:00 AM | breakfast |
| | <u>10:00 AM</u> | <u>*instruction, Q&A</u> |
| | 11:00 AM | walk |
| | 11:30 AM | sit |
| | 12:00 PM | walk |
| | <u>12:30 PM</u> | <u>sit or *group M2 meeting</u> |
| | 1:00 PM | lunch |
| | 3:00 PM | sit |
| | 3:30 PM | yoga |
| | 4:30 PM | sit |
| | 5:00 PM | walk |
| | 5:30 PM | sit |
| | 6:15 PM | dinner |
| | 7:30 PM | sit |
| <u>8:00 PM</u> | <u>*talk</u> | |

Start: Fri Jan 22, 2021, 8:30 AM

| | | |
|--------------|------------------------|--|
| DAY 5 | 8:30 AM | sit |
| | 9:00 AM | breakfast |
| | <u>10:00 AM</u> | <u>*instruction, Q&A</u> |
| | 11:00 AM | walk |
| | 11:30 AM | sit |
| | 12:00 PM | walk |
| | <u>12:30 PM</u> | <u>sit or *group M3 meeting</u> |
| | 1:00 PM | lunch |
| | 3:00 PM | sit |
| | 3:30 PM | yoga |
| | 4:30 PM | sit |
| | 5:00 PM | walk |
| | 5:30 PM | sit |
| | 6:15 PM | dinner |
| | 7:30 PM | sit |
| | <u>8:00 PM</u> | <u>*talk</u> |

Start: Sat Jan 23, 2021, 8:30 AM

| | | |
|--------------|------------------------|-------------------------------------|
| DAY 6 | 8:30 AM | sit |
| | 9:00 AM | breakfast |
| | <u>10:00 AM</u> | <u>*instruction, Q&A</u> |
| | 11:00 AM | walk |
| | 11:30 AM | sit |
| | <u>12:00 PM</u> | <u>*inquiry</u> |
| | <u>1:00 PM</u> | <u>*closing</u> |