

Zoom Meeting Room Info

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

ID: 471 705 6945

Password: silent

Time Zone: EST

* are Zoom meetings

Start: Mon Jan 18, 2021, 9:30 AM

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

Start: Tue Jan 19, 2021, 9:30 AM

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

Start: Wed Jan 20, 2021, 9:30 AM

DAY 3	9:30 AM	sit
	10:00 AM	breakfast
	<u>11:00 AM</u>	<u>*instruction, Q&A</u>
	12:00 PM	walk
	12:30 PM	sit
	1:00 PM	walk
	<u>1:30 PM</u>	<u>sit or *group M1 meeting</u>
	2:00 PM	lunch
	4:00 PM	sit
	4:30 PM	yoga
	5:30 PM	sit
	6:00 PM	walk
	6:30 PM	sit
	7:15 PM	dinner
	8:30 PM	sit
<u>9:00 PM</u>	<u>*talk</u>	

Start: Thu Jan 21, 2021, 9:30 AM

DAY 4	9:30 AM	sit
	10:00 AM	breakfast
	<u>11:00 AM</u>	<u>*instruction, Q&A</u>
	12:00 PM	walk
	12:30 PM	sit
	1:00 PM	walk
	<u>1:30 PM</u>	<u>sit or *group M2 meeting</u>
	2:00 PM	lunch
	4:00 PM	sit
	4:30 PM	yoga
	5:30 PM	sit
	6:00 PM	walk
	6:30 PM	sit
	7:15 PM	dinner
	8:30 PM	sit
<u>9:00 PM</u>	<u>*talk</u>	

Start: Fri Jan 22, 2021, 9:30 AM

DAY 5	9:30 AM	sit
	10:00 AM	breakfast
	<u>11:00 AM</u>	<u>*instruction, Q&A</u>
	12:00 PM	walk
	12:30 PM	sit
	1:00 PM	walk
	<u>1:30 PM</u>	<u>sit or *group M3 meeting</u>
	2:00 PM	lunch
	4:00 PM	sit
	4:30 PM	yoga
	5:30 PM	sit
	6:00 PM	walk
	6:30 PM	sit
	7:15 PM	dinner
	8:30 PM	sit
	<u>9:00 PM</u>	<u>*talk</u>

Start: Sat Jan 23, 2021, 9:30 AM

DAY 6	9:30 AM	sit
	10:00 AM	breakfast
	<u>11:00 AM</u>	<u>*instruction, Q&A</u>
	12:00 PM	walk
	12:30 PM	sit
	<u>1:00 PM</u>	<u>*inquiry</u>
	<u>2:00 PM</u>	<u>*closing</u>