

Zoom Meeting Room Info

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

ID: 471 705 6945

Password: silent

Time Zone: PST

* are Zoom meetings

Start: Mon Jan 18, 2021, 6:30 AM

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

Start: Tue Jan 19, 2021, 6:30 AM

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

Start: Wed Jan 20, 2021, 6:30 AM

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

Start: Thu Jan 21, 2021, 6:30 AM

DAY 4	6:30 AM	sit
	7:00 AM	breakfast
	8:00 AM	<u>*instruction, Q&A</u>
	9:00 AM	walk
	9:30 AM	sit
	10:00 AM	walk
	10:30 AM	<u>sit or *group M2 meeting</u>
	11:00 AM	lunch
	1:00 PM	sit
	1:30 PM	yoga
	2:30 PM	sit
	3:00 PM	walk
	3:30 PM	sit
	4:15 PM	dinner
	5:30 PM	sit
	6:00 PM	<u>*talk</u>

Start: Fri Jan 22, 2021, 6:30 AM

DAY 5	6:30 AM	sit
	7:00 AM	breakfast
	8:00 AM	<u>*instruction, Q&A</u>
	9:00 AM	walk
	9:30 AM	sit
	10:00 AM	walk
	10:30 AM	<u>sit or *group M3 meeting</u>
	11:00 AM	lunch
	1:00 PM	sit
	1:30 PM	yoga
	2:30 PM	sit
	3:00 PM	walk
	3:30 PM	sit
	4:15 PM	dinner
	5:30 PM	sit
	6:00 PM	<u>*talk</u>

Start: Sat Jan 23, 2021, 6:30 AM

DAY 6	6:30 AM	sit
	7:00 AM	breakfast
	8:00 AM	<u>*instruction, Q&A</u>
	9:00 AM	walk
	9:30 AM	sit
	10:00 AM	<u>*inquiry</u>
	11:00 AM	<u>*closing</u>