

2025 Not So Big Life Year End Review Workshop Schedule (Tentative)*

Thursday, January 23, 2025

- 4:00 – 4:20 pm Workshop “room” opens—Log on, check in, and get settled
- 4:30 pm Opening Session
- 6:00 pm Dinner (1.5 hours)
- 7:30 pm Evening Session
- 9:00 pm Sign off

Friday, January 24, 2025

- 9:50 am Everyone in front of their screens, video on, ready to meditate
- 10:00 am Meditation begins
- 10:30 am Morning Session (break included)
- 1:00 pm Lunch (1.5 hours)
- 2:30 pm Afternoon Session (break included)
- 5:30 pm Dinner (2 hours)
- 7:30 pm Evening Session
- 9:00 pm Sign off

Saturday, January 25, 2025

- 9:50 am Everyone in front of their screens, video on, ready to meditate
- 10:00 am Meditation begins
- 10:30 am Morning Session
- 12:00 pm Break
- 12:30 pm Closing Session
- 1:30 pm Workshop ends

***All times are listed in Eastern Time.**