

## Sample Introductory Not So Big Life Workshop Schedule

### Thursday

- 7:00 pm Workshop “room” opens
- 7:20 pm Log on, check in, and get settled
- 7:30 pm Opening Session
- 9:00-ish Sign off

### Friday

- 9:50 am Everyone in front of their screens, video on, ready to meditate
- 10:00 am Meditation begins
- 10:30 am Morning Session
- 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-ish Sign off

### Saturday

- 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 (1/2 hour)
- 12:30 pm Closing Session
- 1:30 pm Workshop ends

**Note:** All times are listed in Eastern Standard Time.