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

Thursday

4:00 pm Workshop "room" opens
4:20 pm 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

9:50 am Everyone seated, 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

9:50 am Everyone seated, video on, ready to meditate
10:00 am Meditation begins
10:30 am Morning Session
12:00 pm Break
12:30 pm Closing Session
2:30 pm Workshop ends

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