



iRest Intermediate Meditation Retreat Livestream

September 15-20, 2020

* Schedule listed in **PACIFIC** time *

Tuesday, September 15

4:30-4:50 PM: Orientation to Live Streaming and Retreat

5:00-6:30 PM: Opening Meditation

Opening Talk with Q&A Closing
Meditation

Wednesday-Saturday, September 16-19

8:00-9:00 AM: Opening Meditation
Sounding and BreathSensing
Pranayama Closing Meditation

10:00 AM-12:00 PM: Opening Meditation
BodySensing Movement iRest
Yoga Nidra

1:30-4:00 PM: Opening Meditation
Talk with Q&A
Individual Meditative Self-Inquiry

5:00-6:00 PM: Opening Meditation
Summary Talk with Q&A Bedtime
iRest Yoga Nidra

Sunday, September 20

8:00-9:00 AM: Opening Meditation
Sounding and BreathSensing
Pranayama Closing Meditation

10:00-11:30 AM: Opening Meditation
Gentle BodySensing
Wrap-Up Talk with Q&A