



Friday, 7th February

Theme: Kindness for Self

2:00 PM - Talk and Practice
3:25 PM - Break
3:45 PM - Practices and Walk
5:00 PM - Break
5:20 PM - Practice
5:45 PM - Dinner Break
6:00-6:30 PM - Optional 1:1s
7:30 PM - Talk
7:55 PM - Practice
8:15 PM - Close

Saturday, 8th February

Theme: From Kindness to Varieties of Compassion

7:30 AM - Unguided Practice (Optional)
8:00 AM - Breakfast Break
9:00 AM - Talk, Practices, and Movement
10:45 AM - Break
11:10 AM - Practice, Movement, and Talk
12:30 PM - Lunch Break
12:30-1:00 PM - Optional 1:1s
2:00 PM - Talk, Movement, and Practice
3:20 PM - Break
3:50 PM - Practice
4:15 PM - Two Optional, Led Groups to Share Issues Arising
5:00 PM - Dinner Break
5:00-5:30 PM - Optional 1:1s
7:30 PM - Talk and Practice
8:15 PM - Close

Sunday, 9th February

Theme: Appreciation, Joy, and Connection

7:30 AM - Unguided Optional Practice
8:00 AM - Breakfast Break
8:00-8:15 AM - Optional 1:1s
9:00 AM - Talk, Practices, and Walk
10:50 AM - Break
11:20 AM - Talk and Practice
1:00 PM - Shared Lunch
2:00 PM - End