

Mountain Institute Inc

ONLINE RETREAT SCHEDULE

Saturday

9:00 to 9:15	Announcements
9:15 to 10:00	Quickening Meditation
10:00 to 10:15	Break
10:15 to 11:00	Q & A – Lecture
11:00 to 11:15	Break
11:15 to Noon	Quickening Meditation
12:00 to 1pm	– Lunch –
1pm to 1:45	Quickening Meditation
1:45 to 2pm	Break
2:00 to 3:00	Q & A – Lecture
3:00 to 3:15	Break
3:15 to 4pm	Quickening Meditation

Sunday

9:00 to 9:15	Announcements
9:15 to 10:00	Quickening Meditation
10:00 to 10:15	Break
10:15 to 11:00	Q & A – Lecture
11:00 to 11:15	Break
11:15 to Noon	Quickening Meditation

All times are tentative and subject to change, so keep your ears open.

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