



Forgiveness Retreat

With Jeff Oliver

(Friday 2 – Sunday 4 April 2021)

Daily Programme

Day 1 (Friday 2 April 2021)	
7.30 a.m.	Log in to Zoom ID [] Password []
7.45 a.m.	Retreat Manager's Talk
8.00 – 10.30 a.m.	Introduction Guided Meditation Talk on Forgiveness Q&A with Discussion
	Self-Practice
2.45 p.m.	Log in to Zoom ID [] Password []
3.00 – 4.30 p.m.	Introduction Guided Meditation Talk on Forgiveness Q&A with Discussion
	Self-Practice
7.45 p.m.	Log in to Zoom ID [] Password []
8.00 p.m.	Group Sitting
8.30 p.m.	Q&A
9.00 p.m.	Close

Day 2 (Saturday 3 April 2021)	
7.45 a.m.	Log in to Zoom ID [] Password []
8.00 - 10.30 a.m.	Introduction Guided Meditation Talk on Forgiveness Q&A with Discussion
	Self-Practice
2.45 p.m.	Log in to Zoom ID [] Password []
3.00 - 4.30 p.m.	Introduction Guided Meditation Talk on Forgiveness Q&A with Discussion
	Self-Practice
7.45 p.m.	Log in to Zoom ID [] Password []
8.00 p.m.	Group Sitting
8.30 p.m.	Q&A
9.00 p.m.	Close

Day 3 (Sunday 4 April 2021)	
7.45 a.m.	Log in to Zoom ID [] Password []
8.00 - 10.30 a.m.	Introduction Guided Meditation Talk on Forgiveness Q&A with Discussion
	Self-Practice
2.45 p.m.	Log in to Zoom ID [] Password []
3.00 p.m.	Introduction Guided Meditation Talk on Forgiveness Q&A with Discussion
4.30 p.m.	End of Retreat