



Forgiveness & Freestyle Mindfulness Retreat

With Jeff Oliver

(Saturday 29 May – Tuesday 1 June 2021)
Daily Programme

Day 1 (29 May 2021)	
5.45 a.m.	Log in to Zoom ID [] Password []
6.00 a.m.	Retreat Manager's Talk
6.10 a.m.	Guided Breathing Meditation
6.30 a.m.	Mindfulness Practice
7.00 a.m.	Individual Practice and Mindful Breakfast
8.45 a.m.	Log in to Zoom ID [] Password []
9.00 a.m.	Morning Instructions
10.00am	Group Interviews or Individual Practice and Mindful Lunch
2.45 p.m.	Log in to Zoom ID [] Password []
3.00 p.m.	Group Sitting
4:00 pm	Group Interviews / Individual Practice
6.45 p.m.	Log in to Zoom ID [] Password []
7.00 p.m.	Sitting and Talk with Q&A
9.00 p.m.	Rest

Day 2 - 4 (30 May – 1 June 2021)	
5.45 a.m.	Log in to Zoom ID [] Password []
6.00 a.m.	Guided Breathing Meditation
6.30 a.m.	Mindfulness Practice
7.00 a.m.	Individual Practice and Mindful Breakfast
8.45 a.m.	Log in to Zoom ID [] Password []
9.00 a.m.	Morning Instructions
10.00am	Group Interviews or Individual Practice and Mindful Lunch
2.45 p.m.	Log in to Zoom ID [] Password []
3.00 p.m.	Group Sitting
4:00 pm	Group Interviews / Individual Practice
6.45 p.m.	Log in to Zoom ID [] Password []
7.00 p.m.	Sitting and Talk with Q&A
9.00 p.m.	Rest