



Zoom ID 7306779973

Password 306678

Or use any meeting link

**Noble Steps Group
Virtual Day Long Retreat
Saturday Feb 5th 8:30-3 PM**

Come join us for any or all of this special day!

**Try to set aside a place you can keep the
silence. Any questions please contact us at
thenoblesteps@gmail.com**

Here's the schedule:

8:30-9:00 Fellowship

9:00-9:30 Intros, Opening Rituals, Set Silence KEN

9:30-10:05 Sit JOE

10:05-10:20 Walking Med LUCAS

10:20-10:30 Break

10:30-11:00 Sit JEAN

11:00-11:30 Yoga KEVIN

11:30-11:40 Prepare For Mindful Eating

11:40-12:10 Mindful Eating JEN

12:10-12:20 Walking Med (get moving after lunch) LORI?

12:20- 12:50 Sit DAVE

12:50 -1:00 Break

1:00-1:20 Movement SUE

1:20-1:30 Big Sky Meditation LORI

1:30-2:00 Bowls STACY

2:00-2:10 Break

2:10-2:30 Dharma Talk ANDY

2:30-? Sharing Fellowship