



Recovery Meditation Retreat

Saturday, April 17th, 2021 from 9am-2:40pm E.S.T.

We will be meeting in person at Loantanka Park in Morristown and will be streaming the retreat on Zoom. Space in the park is limited and you must register if you are coming in person by emailing thenoblesteps@gmail.com.

Schedule of events (All times are approximate and are subject to change):

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| 8:30-9:00 am | Fellowship |
| 9:00 - 9:30 am | Intros, Opening Ritual, etc |
| 9:30 - 10:00 am | Sit |
| 10:00 - 10:20 am | Walking Meditation |
| 10:20 - 10:30 am | Break |
| 10:30 - 11:00 am | Sit |
| 11:00 - 11:30 am | Yoga |
| 11:30 - 11:40 am | Prepare Mindful Eating |
| 11:40 - 12:10 pm | Mindful Eating |
| 12:10 - 12:30 pm | Movement or Walking Meditation |
| 12:30 - 1:00 pm | Sit |
| 1:00 - 1:10 pm | Break |
| 1:10 - 1:30 pm | Movement |
| 1:30 - 2:00 pm | Big Sky/Singing Bowls |
| 2:00 - 2:10 pm | Break |
| 2:10 - 2:40 pm | Dharma Talk |
| 2:40 - everyone is ready to close | Sharing, Clean-up, Fellowship |

Check out tips for a successful virtual retreat at www.thenoblesteps.com Questions? Email us at thenoblesteps@gmail.com