



Recovery Meditation Retreat

Saturday, April 1, 2023, from 9am-4:00pm E.S.T.

We will be meeting in person at The HUB in Bernardsville and will be streaming the retreat on Zoom.

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

8:30-9:00 am	Fellowship
9:00 - 9:30 am	Intros, Opening Ritual, Setting of Intentions - Kevin L
9:30 - 10:00 am	Sit - Jane
10:00 - 10:20 am	Walking Meditation - Jean
10:20 - 10:30 am	Break
10:30 - 11:00 am	Sit - Dave
11:00 - 11:30 am	Yoga - Audrey
11:30 - 11:45 am	Prepare Mindful Eating
11:45 - 12:30 pm	Mindful Eating - Ken
12:30 - 12:40 pm	Walking Meditation - Chris
12:40 - 1:20 pm	Sit - Ed
1:20 - 2:00 pm	Juggling - Andy
2:00 - 2:10 pm	Break
2:10 - 2:50 pm	Big Sky/Singing Bowls - Lori/Shannon
2:50 - 3:10 pm	Dharma Talk - Kevin D
3:10 - 3:45 pm	Sharing, Break Noble Silence
3:45 - 4:00 pm	Clean Up, Fellowship
4:00 pm	Retreat Ends

The Community Hub located at 9 Church Street, Bernardsville, NJ 07924