



Recovery Meditation Retreat

Saturday, November 12, 2022, 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.

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):

8:30-9:00 am	Fellowship
9:00 - 9:30 am	Intros, Opening Ritual, etc
9:30 - 10:00 am	Sit
10:00 - 10:15 am	Walking Meditation
10:15 - 10:25 am	Break
10:25 - 11:00 am	Sit
11:00 - 11:30 am	Yoga
11:30 - 11:50 am	Prepare Mindful Eating
11:50 - 12:30 pm	Mindful Eating
12:30 - 12:40 pm	Walking Meditation
12:40 - 12:50 pm	Break
12:50 - 1:30 pm	Sit
1:30 - 2:00 pm	Movement
2:00 - 2:10 pm	Break
2:10 - 2:50 pm	Big Sky/Singing Bowls
2:50 - 3:15 pm	Dharma Talk
3:15 - 3:45 pm	Sharing, Break Noble Silence
3:45 - 4:00 pm	Clean Up, Fellowship
4:00 pm	Retreat Ends