

GREETINGS & WELCOME!	2021 IMCW Silent 6-Day Retreat Daily Schedule	Nourish! 2021 Women's Retreat
The retreat will be held in Eastern Time Zone (New York – US)		
First Day	Friday July 23	Location
5:15-5:45 PM	Orientation for MMTCP Qualifying Retreat Participants (MMTCP only)	MMTCP Meeting
6:00-6:45 PM	Meditation Hall opens for Retreat Orientation and Zoom Open House for Yogis	Meditation Hall
6:45 – 7:00 PM	Break	On Your Own
7:00 – 7:15 PM	Arrive and Settle for Opening	Meditation Hall
7:15-8:45 PM	Evening Talk & Meditation	Meditation Hall
Daily	Saturday July 24 – Wednesday July 28	Location
	MMTCP students need to attend 5 of bolded daily sessions below each day in accordance with the MMTCP Retreat Info menu	
8:15 – 8:30 AM	Arrive and Settle – Community Announcements	Meditation Hall
8:30 – 9:45 AM	Guided Instructions, Teachings, with Q&A, : Jen, Trish, Silvia	Meditation Hall
9:45 – 10:30 AM	Morning Guided Mindful Movement	Meditation Hall
10:30 – 11:15 AM	Morning Walking Meditation and/or Sense and Savor Walk	On Your Own
11:15 – 12:00 AM	Silent Meditation Practice	Meditation Hall
12:00 – 1:30 PM	Break – Meditation Hall closed / Meal / Rest / Additional Practice	On Your Own
1:30 – 2:15 PM	Guided Heart Practice	Meditation Hall
2:15 – 3:00 PM	Sit or Walk or Pre-recorded Mindful Movement (optional). Visit the Supplemental Resources menu	On Your Own
2:15 – 3:30 PM	or Teacher Meetings when assigned (prioritize over other sits, only 2 times/retreat)	Teacher Meetings
3:00 – 3:30 PM	Silent Meditation Practice	Meditation Hall
3:30 – 4:15 PM	Afternoon Walking Meditation and/or Sense and Savor Walk	On Your Own
4:15 – 4:30 PM	Arrive and Settle for Dharma Talk	Meditation Hall
4:30 – 5:30 PM	Dharma Talk with a short sitting: All Teachers	Meditation Hall
5:30 – 7:30 PM	Break – Meditation Hall closed / Meal / Rest / Practice	On Your Own
7:30 – 8:15 PM	Evening Silent Sitting Meditation with ending chant	Meditation Hall
8:15 PM	Further Practice	On Your Own
Closing Day	Thursday July 29	Location
8:15 – 8:30 AM	Arrive and Settle	Meditation Hall
8:30 – 9:30 AM	Sitting Meditation with Dana Talk and Announcements	Meditation Hall
9:30– 11:00 AM	Closing Ceremony	Meditation Hall
11:15 – 11:45 AM	Closing Session for MMTCP Qualifying Retreat Participants (MMTCP only)	MMTCP Meeting
See the Zoom Recordings menu item for recordings of the main sessions: Guided Instructions, Live Movement, Heart Practice and Dharma Talk. Recordings will be posted as soon as possible.		
Time zones: This retreat will be held in Eastern Time US and so the schedule may not be ideal for those in European, Pacific, or other time zones. Eastern Time: 8:15 am – 8:15 pm (Central European Summer Time 2:15 pm – 2:15 am; Pacific Time 5:15 am – 5:15 pm).		