

# DAY OF MEDITATIVE EXPLORATIONS

✿ Theosophical Society, Wheaton, IL ✿

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|-------|--|
| 9:15  | Arrival & Setting Up   |
| 9:30  | Orientation & Introduction   |
| 9:40  | 9 joints Loosening Up  |
| 9:55  | Guided Meditation: Mindfulness of Body<br>(with debrief)   |
| 10:40 | Walking Meditation   |
| 11:00 | Guided Meditation: Mindfulness with Breathing<br>(with debrief)  |
| 11:45 | Walking Meditation   |
| 12:10 | Practice Talk & Q/R  |
| 12:45 | Lunch (in Silence)<br><i>... during the break, you might take a walk, read,<br/>nap, exercise, or meditate some more ...</i> |
| 1:30  | Guided Meditation: Heart's Release (with debrief)  |
| 2:20  | Qigong   |
| 2:40  | Sitting Meditation   |
| 3:20  | Walking Meditation   |
| 3:45  | Contemplating Change, Uncertainty, & Death   |
| 4:30  | Stretch  |
| 4:40  | Reflecting on 'Shining Ethics'   |
| 5:20  | Closing Comments   |

✧ *Except for talks & conferences, we will maintain  
an atmosphere of noble silence.*

✧ *Times are approximate ... please listen for Bells*