

DAY OF MEDITATIVE EXPLORATIONS

✿ Theosophical Society, Wheaton, IL ✿

9:15	Arrival & Setting Up
9:30	Orientation & Introduction
9:40	9 joints Loosening Up
9:55	Guided Meditation: Mindfulness of Body (with debrief)
10:40	Walking Meditation
11:00	Guided Meditation: Mindfulness with Breathing (with debrief)
11:45	Walking Meditation
12:10	Practice Talk & Q/R
12:45	Lunch (in Silence) <i>... during the break, you might take a walk, read, 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*