HEART INSIGHT
brisbane meditation group

HEART INSIGHT'S DAY OF SILENCE

PROGRAM

8:45 to 9:00	Arrive and set up
9:00	welcome and introduction
9:10	start of noble silence and sitting meditation (40 mins)
9:50	walking (or stretching) meditation (20 mins)
10:10	sitting meditation (40 mins)
10:50	morning tea (silent, 20 mins)
11:10	sitting meditation (40 mins)
11:50	walking (or stretching) meditation (20 mins)
12:10	sitting meditation (40 mins)
12:50	lunch (BYO, silent, 40 mins)
1:30	sitting meditation (40 mins)
2:10	walking (or stretching) meditation (20 mins)
2:30	sitting meditation (40 mins)
3:10	closing circle / cup of tea – end noble silence
3:40	tidy up, pack up