

## Structure of the Day

- 10.30am Arrival, introductions, overview of the day
- 11am - Go into silence
- Seated Practice
- Walking/Qigong
- 11.45am Tea break (keep the silence)
- Bodyscan – use yoga mats if have them
- 12.45 Lunch (keep the silence, please tidy and wash anything you use)
- 1.30pm Seated Practice
- Qigong/Mindful Movement
- Seated Practice (reflect on how the day was for you)
- 2.40pm – Come out of silence – sharing how the day was, what did you notice, any questions or observations
- 3pm - Closing practice and finish