

Suggested Schedule for Home Study Retreat
'How To See Yourself As You Really Are' with Roy Sutherwood

8.00am to 9.00am	Breakfast
9.30am to 9.55am	<i>Motivation & Meditation</i>
9.55am to 10.00am	Short Break
10.00am to 11.30am	First Zoom Session
11.30am to 11.50am	Exercise - personal choice
11.50am to 12.00noon	Short break
12.00noon to 12.30pm	<i>Meditation</i>
12.30pm to 2.30pm	Lunch /Work/ Exercise
2.30pm to 3.00pm	Break
3.00pm to 4.30pm	Second Zoom Session
4.30pm to 4.50pm	Exercise - personal choice
4.50pm to 5.00pm	Short break
5.00pm to 5.30pm	<i>Meditation</i>
5.30pm to 6.00pm	Break
6.00pm to 7.00pm	Dinner
7.00pm to 7.25pm	<i>Meditation & Dedication</i>
7.25pm onwards	Free time for rest, reading and personal practice