

MAHAMUDRA RETREAT with ROY SUTHERWOOD

Sunday 9th - Thursday 13th January

Roy recommends that you treat these days as a retreat, following the suggested schedule below. There will be two Zoom sessions with Roy each day.

Daily Schedule from Sunday 9th January to Wednesday 12th January

7:30am to 8:00am:	<i>Motivation, Morning Prayers & Meditation</i>
8:00am to 9:00am:	Breakfast
9:30am to 9:55am:	<i>Meditation Session</i>
9:55am to 10:00am:	Short Break
10:00am to 11:30am:	First Zoom Session
11:30am to 11:50am:	<i>Meditation session</i>
11:50am to 12:00noon:	Short break
12:00noon to 12:30pm:	<i>Meditation session</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:	<i>Meditation session</i>
4:50pm to 5:00pm:	Short break
5:00pm to 5:30pm:	<i>Meditation session</i>
5:30pm to 6:00pm:	Break
6:00pm to 7:00pm:	Dinner
7:00pm to 7:25pm:	<i>Meditation session & Dedication</i>
7:25pm onwards:	Free time for rest, reading and personal practice

FINAL DAY Thursday 13th January

7:30am to 8:00am:	<i>Motivation, Morning Prayers & Meditation</i>
8:00am to 9:00am:	Breakfast
9:30am to 9:55am:	<i>Meditation Session</i>
9:55am to 10:00am:	Short Break
10:00am to 11:30am:	First Zoom Session
11:30am to 11:50am:	<i>Meditation session</i>
11:50am to 12:00noon:	Short break
12:00noon to 12:30pm:	<i>Meditation session</i>
12:30pm to 2:30pm:	Lunch /Work/ Exercise
2:30pm to 3:00pm:	Break
3:00pm to 4:30pm:	Final Zoom Session and Dedication.