

## **FREEDOM WITHIN WORKSHOP SCHEDULE**

**\*TENTATIVE TO CHANGE\***

### **Friday:**

*Preamble/ Announcements*

7:30pm – 9:30pm

(Includes two sessions w/ one short break in between)

### **Saturday:**

Meditation, 8:00am – 8:30am

Breakfast 8:30 – 9:00am

1<sup>st</sup> Session: 9:00 am – 10:00am

2<sup>nd</sup> Session: 10:15am — 12:00pm (break halfway)

Lunch served from 12pm — 1pm.

3<sup>rd</sup> Session: 1:00pm — 2:45pm. (break halfway)

4<sup>th</sup> Session – 3:00 - 4:45 pm (break halfway)

Extended break for BBQ style dinner served at the Abbey Center from 5pm — 6:00pm.

Approximately 6PM: Saturday Night Speaker TBA

### **Sunday:**

Morning Meditation 8:00am - 8:30am.

Breakfast 8:30 - 9:00am.

1<sup>st</sup> Session: 9:00 — 10:45am. (break halfway)

2<sup>nd</sup> Session: 11:00am – 12:00pm

*Close with prayer*

