

"Freedom from Clinging" 2025 Retreat Programme

revised 27-12

UK Times

Timezone:	My timezone	Sun 28	Mon 29	Tue 30	Wed 31	Thu 1
GMT						
07.00 - 07.50			Session 0A	Session 0A	Session 0A	Session 0A
08.00 - 08.30			Session 0B	Session 0B	Session 0B	Session 0B
10.30 – 12.30		Session 1	Session 1	Session 1	Session 1	Session 1
16.00 - 16.45		Groups (login at 15.55)		Groups (login at 15.55)		Groups (login at 15.55)
17.00-18.00		Session 2	Session 2	Session 2	Session 2	Session 2
19.00 - 19.45		Session 0C	Session 0C	Session 0C	Session 0C	Session 0C
20.00 - 21.00		Session 3	Session 3	Session 3	Session 3	Session 3
21.00 – 00.00					Session 3+	

About the Session content

Session 0 (A,B,C) Unled meditation (session C intended for Oceania but all welcome)

Session 1 Main input and led meditation

Session 2 Light input and meditation

Session 3 Meditation and ritual