



**Returning to Source  
The Depth Teachings of Meditation**

Live Stream iRest Online Retreat Schedule

Thursday Oct 14 (Evening) – Wednesday Oct 20 (Morning), 2021

**Mountain Daylight Times (MDT)**

**Thursday Evening, October 14**

- 4:30-5:00 pm Orientation to Live-Stream
- 5:00-6:30 pm Opening Meditation  
Opening Talk with Q&A  
Closing Meditation

**Friday October 15- Tuesday October 19**

- 8:00-9:00 am BreathSensing  
Meditation
- 10:00-12:00 pm Meditation  
BodySensing Movement  
iRest Yoga Nidra
- 2:00-4:00 pm Meditation  
Talk with Q&A  
Self-Inquiry
- 5:00-6:00 pm Meditation  
Summary Talk with Q&A  
Bedtime iRest Yoga Nidra

**Wednesday October 20**

- 8:00-9:00 am BreathSensing  
Meditation
- 10:00-11:30 am Meditation  
Gentle BodySensing  
Wrap-Up Talk with Q&A