



BETWEEN THE HOLIDAYS: FROM DARKNESS TO LIGHT

AN ONLINE DAY RETREAT

DECEMBER 12, 2020

TIME (EASTERN TIME)	SESSION
7:00AM-8:15AM	Yoga/Meditation in Motion For those wanting to join us at dawn Presented by Dr. Jamie Marich
8:15AM-9:00AM	Break
9:00AM-10:30AM	Opening Panel: From Darkness to Light Beginning practice and Q & A
10:30AM-10:45AM	Break
10:45AM-12:00PM	Sitting with Light, Sitting with Darkness, Sitting with the Brahmaviharas Looking at how loving kindness, compassion, joy and equanimity are made manifest through sitting in light and dark. Presented by Dr. Stephen Dansiger
12:00PM-1:00PM	LunchBreak
1:00PM-2:30PM	Coming into the Light using Body Drumming Presented by Dr. Kellie Kirksey
2:30PM-2:45PM	Break
2:45PM-4:00PM	Small Group Discussion Taking time to engage in dialogue and share our practices
4:00PM-4:30PM	Closing Circle & Blessing Presented by Dr. Jamie Marich
7:30PM-9:30PM	Dancing Mindfulness Class Optional evening class Facilitated by Dr. Jamie Marich and Dr. Kellie Kirksey