

# *Embrace Life and Rise Above*

## *With Peace and Love*

October 28, 2023

The Organic Garden Sangha

- 9:00 Check-in / Arrival
- 9:10 Opening and Housekeeping
- 9:25 20<sup>th</sup> Year of Sangha Commencement
- 9:45 Sitting Meditation
- 10:15 Short Break
- 10:25 Mindful Movements / QiGong
- 11:00 Walking Meditation
- 11:30 Lunch & Break (Attendees bring own bag lunch)  
(Five contemplations - first 15 minute silent eating)
- 1:00 Deep Relaxation - Sitting or lying down  
(Attendees bring yoga mat or blanket for lying down)
- 1:30 Short Break
- 1:40 "Embrace Life and Rise Above" Presentation
- 2:10 Mindful Conversations
- 2:40 Closing
- 3:00 Program ends