



IAM Online Retreat Schedule

December 28th 2024

Day 1

1:00pm-2:00pm	Welcome talk and logistics
2:00pm-2:30pm	Break
2:30pm-4:30pm	Meditation (guiding by Dan at the beginning, then silent meditation)
4:30pm-5:00pm	Meditative Sound Journey
5:00pm-5:45pm	Rest/ continuous practice
5:45pm-6:15pm	Dinner / continuous practice
6:15pm-7:00pm	After dinner walking meditation (continuous practice)
7:00pm-7:30pm	Self Inquiry Teaching
7:30pm-9:30pm	Self inquiry dyad practice
9:30pm-10:00pm	Meditation

Days 2, 3,& 4

5:15am	Wake-up bell/ gong
5:30am-6:00am	Live toning/ chanting
6:00am-7:30am	Meditation
7:30am-8:15am	Rest/ shower time/ (continuous practice)
8:15am-8:45am	Breakfast (continuous practice)
9:00am-12:30am	Live Teaching, Meditation of Strong Determination, Q&A (Group Process)
12:30pm-1:00pm	Rest (continuous practice)
1:00pm-2:00pm	Lunch (continuous practice)
2:00pm-2:30pm	Yoga
2:30pm-4:30pm	Meditation period
4:30pm-5:00pm	Meditative Sound Journey
5:00pm-5:45pm	Rest/ shower time/ (continuous practice)
5:45pm-6:15pm	Light Dinner/ Tea
6:15 pm-7:00pm	Rest/ continue contemplation / Walking Meditation
7:00pm-7:30pm	Self Inquiry Teaching

7:30pm-9:30pm	Self Inquiry dyads
9:30pm-10:00pm	Meditation

Day 5

5:15am	Wake-up bell/ gong
5:30am-6:00am	Live toning/ chanting
6:00am-7:30am	Meditation
7:30am-8:15am	Rest/ shower time/ (continuous practice)
8:15am-8:45am	Breakfast
9:00am-12:30am	Live Teaching, Meditation of Strong Determination, Q&A (Group Process)
12:30pm-1:00pm	Rest (continuous practice)
1:00pm-2:30pm	Lunch (continuous practice) Intro to non-dual breathing videos
2:30pm-4:30pm	Breathwork & Meditation period
4:30pm-5:00pm	Meditative Sound Journey
5:00pm-5:45pm	Rest/ shower time/ (continuous practice)
5:45pm-6:15pm	Light Dinner/ Tea (continuous practice)
6:15 pm-7:00pm	Rest/ continue contemplation
7:00pm-7:30pm	Teaching (live self inquiry talk)
7:30pm-9:30pm	Self Inquiry dyads
9:30pm-10:00pm	Meditation

Day 6

5:15am	Wake-up bell/ gong
5:30am-6:00am	Live toning/ chanting
6:00am-7:30am	Meditation
7:30am-8:15am	Rest/ shower time/ continue contemplating
8:15am-8:45am	Breakfast
9:00am-12:30pm	Live Teaching, Meditation of Strong Determination, Q&A (Group Process)
12:30pm-1:00pm	Rest (continuous practice)
1:00pm-2:00pm	Lunch (continuous practice)
2:00pm-2:30pm	Rest (continuous practice)
2:30pm-4:30pm	Non-dual Breath Work with Chad Charles

4:30pm-5:00pm	Meditative Sound Journey
5:00pm-5:45pm	Rest/ shower time/ continue contemplating
5:45pm-6:15pm	Light Dinner/ Tea (continuous practice)
6:15 pm-7:00pm	Rest/ continue contemplation / after dinner walking meditation
7:00pm-7:30pm	Self Inquiry Teaching (live)
7:30pm-9:30pm	Self Inquiry dyads
9:30pm-10:00pm	Meditation

Day 7

5:15am	Wake-up bell/ gong
5:30am-6:00am	Live toning/ chanting
6:00am-7:30am	Meditation
7:30am-8:15am	Rest/ shower time/ continue contemplating
8:15am-8:45am	Breakfast
9:00am-11:00am	Closing Talk, integration plan