



Online weekend: Rewind, Refresh, Renew

About the retreat

This online weekend will be an opportunity to explore what it means to practice meditation, what helps and how we may apply the practices to every moment in a day to give rise to the possibility of a more easeful happy life.

The weekend will include some gentle movement, meditation practice, discussions, exploration and sharing in smaller groups and is suitable for beginners and those already familiar with the practices.

What can you expect from the programme?

The online retreat will run on the [zoom meeting platform](#). This works in most web browsers, and you can also get free apps for all major mobile platforms too. You don't need to pay for an account to take part.

We will open up the zoom room 10 minutes before each session starts so you have time to settle in, make sure your technology is working and say hello before each session starts. Sessions will start on Friday evening and run as follows:

Friday Evening: 7.00-8.30pm

Saturday: 8.00-9.00am
10.30-12.30pm
4.00 -5.30pm
7.30 – 8.30pm

Sunday: 8.00-9am
10.30 - 12.30pm
4.00 - 5.30pm