

Bristol Sangha Urban Retreat Jan 15-22 2022 Timetable

	Sat 15	Sun 16	Mon 17	Tues 18	Wed 19	Thurs 20	Fri 21	Sat 22
Early Morning		7.30-8.30 Dedication ceremony & Meditation on Zoom only	7.30-8.30 Dedication ceremony & Meditation on Zoom only	7.30-8.30 Dedication ceremony & Meditation on Zoom only	7.30-8.30 Dedication ceremony & Meditation on Zoom only	7.30-8.30 Dedication ceremony & Meditation on Zoom only	7.30-8.30 Dedication ceremony & Meditation on Zoom only	
Daytime	10.00 - 16.30 Opening Day Retreat lunchbreak 1-2 pm Hybrid	09.00-10.00 Body Dharma with Advayamati Hybrid	10.30-11.45 Qi Gong with Tim Mason & Satyalila Hybrid 12.15-14.45 Sangha Works in person only	17.00-18.00 Evensong with Singhamanas in person only	13.00-14.30 Sangha Meditation Hybrid	17.00-18.00 Evensong with Singhamanas in person only		10.00 - 13.00 Finale of Urban Retreat Hybrid
Evening		21.20-21.50 Close of Day Session on Zoom only	21.20-21.50 Close of Day Session on Zoom only	19.30-21.00 Special UR Sangha night ' <i>Revolution & Effort</i> '	21.20-21.50 Close of Day Session on Zoom only	21.20-21.50 Close of Day Session on Zoom only	19.30-21.00 UR Puja Night Hybrid	

(Please check website for day to day updates on hybrid/in-person events in case of unforeseen changes)