



Enlightenment Intensive Retreats with Tom Tiller

Schedule for one day online retreat

Time is **GMT + 1 hour** (BST)

Night before the retreat:

8:00 pm Introduction (90 minutes)
one to one sessions on demand

Retreat:

7:00 am	start Zoom, check in
7:15 am	start of the retreat day
7:30 am	dyad 1
8:20 am	breakfast
8:50 am	dyad 2
9:45 am	dyad 3
10:40 am	tea break
10:55 am	dyad 4
11:45 am	short one to one session
12:15 pm	lunch break & one to one sessions on demand
1:30 pm	dyad 5
2:25 pm	dyad 6
3:20 pm	Snack & walking meditation
4:05 pm	dyad 7
5:00 pm	dyad 8
5:55 pm	dinner break & one to one sessions on demand
7:00 pm	dyad 9
7:50 pm	short talk & meditation
8:20 pm	closing circle
9:00 pm	end of retreat
after 9 pm:	one to one sessions on demand