

# half/day sit

## 1st half Schedule & Notes



*Rev. Angel Kyodo Williams*

### 1st half: 6am PT/ 9am ET

| <u>Duration</u> | <u>Time</u> | <u>Practice</u>             | <u>Notes</u>              |
|-----------------|-------------|-----------------------------|---------------------------|
|                 | 5/8:50      | Virtual Practice Hall Open  | Arrive early.             |
| :15             | 6/9:00      | Welcome & Orientation       | Really brief.             |
| :20             | 6/9:20      | Sit                         |                           |
| :35             | 6/9:55      | Walk                        | Slow                      |
| :05             | 7/10:00     | Sit                         |                           |
| :30             | 7/10:30     | Walk                        | Slow, then brisk          |
| :05             | 7/10:35     | Talk - Q&A                  | Come close or hang back   |
| :50             | 8/11:25     | Tea, Snack & Rest Break     | Light Meal in Silence     |
| :30             | 8/11:55     | Sit                         |                           |
| :40             | 9/12:35     | Stretch & Vigorous Movement | Very vigorous as possible |
| :10             | 9/12:45     | Closing & Appreciation      |                           |
| :15             | 10/13:00    | End                         |                           |

## NOTES

- Schedule is subject to change. We will modify as needed.
- **BREAK:** Bathroom breaks & watering during walk
- **HALF-BELL:** A lite “half-bell” during sits half-way through 30 minute sits to support people that are not yet accustomed to sitting longer or as an aid for resetting. Use this time to adjust posture and reset IF YOU NEED TO. Otherwise it is other than point. (see practice instructions.)

# half/day sit

## 2nd half Schedule & Notes



**2nd half: 2pm PT/ 5pm ET/ 7am AEST-Sunday**

| <u>Duration</u> | <u>Time</u> | <u>Practice</u>             | <u>Notes</u>              |
|-----------------|-------------|-----------------------------|---------------------------|
|                 | 1/4:50      | Virtual Practice Hall Open  |                           |
| :15             | 2/5:00      | Welcome & Orientation       | Really brief.             |
| :20             | 2/5:20      | Sit                         |                           |
| :35             | 2/5:55      | Walk                        | Slow                      |
| :05             | 3/6:00      | Sit                         |                           |
| :30             | 3/6:30      | Walk                        | Slow, then brisk          |
| :05             | 3/6:35      | Talk - Q&A                  | Come close or hang back   |
| :50             | 4/7:25      | Tea, Snack & Rest Break     | Light Meal in Silence     |
| :30             | 4/7:55      | Sit                         |                           |
| :40             | 5/8:35      | Stretch & Vigorous Movement | Very vigorous as possible |
| :10             | 5/8:45      | Closing<br>& Appreciation   |                           |
| :15             | 6/9:00      | End                         |                           |

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- Schedule is subject to change. We will modify as needed.
- **BREAK:** Bathroom breaks & watering during walk
- **HALF-BELL:** A lite “half-bell” during sits half-way through 30 minute sits to support people that are not yet accustomed to sitting longer or as an aid for resetting. Use this time to adjust posture and reset IF YOU NEED TO. Otherwise it is other than point. (see practice instructions.)