Figure 2. Example schedule for a day of mindful practice [35].

- **9.45-10.00** Arrival
- **10.00-10.05** Sit in silence
- **10.05-10.20** Welcome, introduction, ground rules
- **10.20-10.50** Siting meditation: Breath, body, sounds, thoughts and choiceless awareness
- **10.50-11.30** Mindful stretching
- **11.30-12.00** Body scan
- **12.00-12.05** Instruction for lunchtime: bringing focus on awareness of eating, tasting, chewing, swallowing, slowing down
- **12.05-13.05** Lunch followed by mindful walk
- **13.05-13.20** Sitting meditation
- **13.20-13.50** Walking meditation
- **13.50-14.20** Mountain meditation
- **14.20-14.40** Mindful stretching
- **14.40-15.00** Silent sit or extended breathing space
- **15.00-15.30** Feeding back experience of day in pairs
- **15.50-16.30** Large group discussion and close