

Time	Activity	Objective	Methods
:00	Greetings		
:02	Orienting	Limbic calm down	Oren Jay Sofer, Say what you mean
:04	Mindful Movement	Awaken and Move Qi	David Cabrera Hands Rub Together Brushing the Qi
:07	Sit	Presencing	The Buddha Recollecting the Sangha
:13	Dharmette	Prepare for engagement	Rodney Smith engaged Buddhism
:20	Check-ins	Find out who's in the room	What's working well What needs development
:28	Breakout	Recognize/investigate hindrance Identify/apply antidote	Group process
:40	Debrief	See what's working Capture learning	
:45	Breakout	Recognize/investigate hindrance Identify/apply antidote	Group process
:55	Debrief	Capture Learning	
:58	Dedication of Merit		One Earth Sangha