

# Self Compassion - Return to Your Island

## Nurture You and Others

(45th in our DOM series)

- 7:45 am Zoom Meeting Opened to Receive Participants (Chau)
- 8:00 am Greetings. Setting the day's intentions (Chau)
- 8:10 am Morning Chant & Silent Sitting Meditation (Karlen)
- 8:40 am Guided Meditation (Kathi)
- 9:10 am Greeting & Sharing (Thay Tu Luc)
- 9:30 am *Thay Nhat Hanh's Dharma talks (video)*
- 10:10 am Break
- 10:20 am Dharma Talk (Chau)
- 10:50 am Breakout Rooms & Group Dharma Discussions (Karla)
- 11:50 am Closing (Karla)
- Noon Adjourn

**2022 Wisdom Meditation School Days of Mindfulness (upcoming):**

**November 19**