

Ocotober 2022 Forest Bathing & Day of Mindfulness

	<i>Forest Bathing Group</i>	<i>Day of Mindfulness Group</i>
Time		
10:00 AM	Begin Arrival	
10:30 AM	General Instructions by Martha & Charlie	
11:00 AM	Set Out to Begin Experience	
11:30 AM	Forest Bathing Experience	Beginning Arriving - Set Up
12:00 PM		Welcome
		Sitting Meditation
		Walking Meditation on Forest Path
		Singing and/or Childrens Activity
		Dharma Teaching
2:00 PM	Forest Bathers Return & Join DOM Group	
	Dharma Sharing - Format?	
	Singing	
2:30 PM	Pot Luck Dinner Set Up	
3:00 PM	Begin Meal in Noble Silence	
3:20 PM	Quiet Sharing at Meal	
4:00 PM	Wrap-Up & Closing Practice	
4:15 PM	Clean Up Site & Depart	