

Zentensive – Activities with and without CEs

The Zentensive Retreat offers 30 CEs, including 2 for ethics.

The following activities are accredited. 6 CEs are offered each full day.

- Formal Talks with the instructor
- Guided Meditation Practice
- Meditation Techniques
- Thematic Individual Work Periods
- Didactic Periods (Presentations, Discussion, and Questions)
- Individual Meetings with the instructor
- Guided Somatic Integration

Ethics Presentation (2 of the 30 credits)

- Formal talks with the instructor
- Didactic Periods (Presentations, Discussion, and Questions)

These activities do not receive CE credits:

- Breakfast, Lunch, and Dinner
- Breaks
- Self-directed Practice
- Formal Meditation Practice