

Lawson Sachter  
Zentensive Workshop and Retreat Application

**Zentensive Schedule**

**Day One:**

Afternoon:

- 11:00-12:00: Arrival
- 12:00-1:00: Lunch
- 1:00-4:00: Introductory Gathering/Talk, Opportunity for Questions, Work Period
- 4:00-4:30: Break
- 4:30-5:00: Introductory Meditation Techniques

Evening:

- 5:00-6:00: Dinner
- 6:00-7:00: Break
- 7:00-9:00: Opening Talk, Formal Meditation Techniques

**Days Two through Five:**

Morning:

- 5:15-6:00: Wake-up, Self-directed Practice
- 6:00-7:15: Guided Formal Meditation Techniques
- 7:15-7:45: Breakfast
- 7:45-9:00: Thematic Individual Work Period
- 9:00-10:00: Break (small drum at end)
- 10:00-12:15: Talk and Formal Meditation Techniques
- 12:15-12:45:

Afternoon:

- Lunch
- 12:15-1:20: Break
- 1:20-1:30: Small Drum
- 1:30-3:30: Guided Formal Meditation, 1-on-1 Meetings, Formal Meditation Techniques
- 3:30-4:00: Guided Somatic Integration (Yoga)
- 4:00-5:15: Didactic Period

## Evening:

- 5:15-5:45: Dinner
- 5:45-7:00: Break
- 7:00-9:00: Guided Formal Meditation, 1-on-1 Meetings, Formal Meditation Techniques

*Day Six: (last day)*

## Morning:

- 5:15-6:00: Wake-up, Self-directed Practice
- 6:00-7:15: Guided Formal Meditation Techniques
- 7:15-7:45: Breakfast
- 7:45-9:00: Thematic Individual Work Period
- 9:00-9:30: Break (small drum at end)
- 9:30-11:00: Talk and Formal Meditation Techniques
- 11:00-11:30: Light Snacks

## Afternoon:

- 11:30-2:30: Final Guided Meditation, 1-on-1 Meetings, Formal Meditation Techniques