

PRACTICE SCHEDULE 2024

Open to past and present students enrolled in the year-long course:
Inner Development for World Development

Facilitated by Lisa Romero
Focusing on meditative exercises in Lesson 1 - 3

The duration of each session is 1 hour and they are not recorded so that participants can more freely engage and ask questions.

Prior to the sessions, please review the lessons as well as the recordings of the Foundations of Meditation online course to which participants received free access.

Please click on a time below to convert it to the time in your region so that you can participate in the group that has the time most suited to you.

	Group 1	Group 2
	Tuesday 8am Ireland (GMT)	Tuesday 8pm Ireland (GMT)
Restfulness of soul	<u>February 6</u>	<u>February 6</u>
Time Energy & Attention to the verse/exercises	<u>February 13</u>	<u>February 13</u>
Activity without content	<u>February 27</u>	<u>February 27</u>
Empty Consciousness	<u>March 5</u>	<u>March 5</u>