

## 2024 Summer Research Institute

MIND & LIFE INSTITUTE Awakening (		2024 Summer Research Institute  Compassion in Times of Division   Garrison Institute, NY   June 2-8, 2024				
Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
Sunday, June 2	Monday, June 3	Tuesday, June 4	Wednesday, June 5	Thursday, June 6	Friday, June 7	Saturday, June 8
	MINDFUL MOVEMENT					
	Meditation					
	Breakfast					
	Announcements	Announcements	Announcements	Announcements	Announcements	
	Session	Session	Session	Session	Session	CHECK-OUT & DEPARTURE PRIOR TO 12:00 PM
	Session	Session	Session	Breakouts	Session	
LUNCH						
Arrival & Check-in 2:00-6:00 pm ———	REST SPACE	CONTEMPLATIVE	Session	CONTEMPLATIVE	Session	
Intro to contemplative meditation 5:00-5:30 pm ———— Volunteer meeting 5:30-5:50 pm	SMALL GROUPS	RETREAT	Breakouts	RETREAT	SMALL GROUPS	
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DINNER						
WELCOME	NETWORKING	Poster Session	MIND & LIFE GRANT PRESENTATIONS	Poster Session	CLOSING REMARKS & CELEBRATION	
MEDITATION						
SILENCE OBSERVED  10:00 PM-8:00 AM						

Schedule is subject to change Updated: December 12, 2023 www.mindandlife.org