

Envisioning the Future of Contemplative Research

Mind & Life Institute | October 28 - 31, 2024

Day One	Day Two	Day Three	Day Four
Monday, October 28	Tuesday, October 29	Wednesday, October 30	Thursday, October 31
	BREAKFAST 7:30 am-8:15 am Fairfax dining space		
	MORNING MEDITATION 8:30 am-8:50 am All EFCR sessions take place in Fairfax		
	BREAK 8:50 am-9:00 am		
	SESSION 9:00 am-10:00 am	SESSION 9:00 am-10:35 am	SESSION 9:00 am-10:00 am
	BREAK 10:00 am-10:15 am	BREAK 10:35 am-11:00 am	BREAK 10:00 am-10:30 am
	SESSION 10:15 am-12:15 pm	SESSION 11:00 am-12:15 pm	CLOSING SESSION 10:30 am-11:45 am
	LUNCH 12:15 pm-1:15 pm Fairfax Dining Space		Box LUNCH 12:00-1:00 pm
	BREAK 1:15 pm-1:30 pm		
ARRIVAL & CHECK-IN 2:00-4:00 pm WESTFIELDS LOUNGE	SESSION 1:30 pm-3:20 pm	SESSION 1:30 pm-3:05 pm	
OPENING SESSION + RECEPTION 4:00 pm-6:30 pm Sunset Terrace	BREAK 3:20 pm-3:50 pm	BREAK 3:05 pm-3:30 pm	
	SESSION 3:50 pm-5:30 pm 4:20 pm: wine and beverages available	SESSION 3:30 pm-5:00 pm	
	BREAK 5:30 pm-6:30 pm	BREAK 5:00 pm-6:00 pm	
		RECEPTION 6:00 pm Fairfax Dining Space	
	DINNER 6:30 pm West Lobby	DINNER 6:30 pm Fairfax Dining Space	
Post Dinner Coffee + Tea 8:30 pm Westfields Lounge			

Guest website: <https://www.mindandlife.org/private/october-gathering-details/>
Questions? Ellen Kellner (434) 329-7865 cell/text or +1 (717) 439-1285 WhatsApp/cell/text