

**WAKEUP – 3:50**

**MEDITATION – 4:00 - 7:20** MEDITATION 4-5, 5:10-6:10, 6:20-7:20  
(10 MINUTE WALK BETWEEN ROUNDS)

**BREAKFAST – 7:30**

**2 HRS 40 MIN BREAK**

**WORK PERIOD – 8:00**

**MEDITATION – 10 - 1:20** MEDITATION 10-11, 11:10-12:10, 12:20-1:20  
(10 MINUTE WALK BETWEEN ROUNDS)

**LUNCH – 1:30**

**1 HR 40 MIN BREAK**

**MEDITATION – 3 - 6:20** MEDITATION 3-4, 4:10-5:10, 5:20-6:20  
(10 MINUTE WALK BETWEEN ROUNDS)

**TEA BREAK – 6:30**

**40 MIN BREAK**

**MEDITATION – 7 - 10:20** MEDITATION 7-8, 8:10-9:10, 9:20-10:20  
(10 MINUTE WALK BETWEEN ROUNDS)