

**Home Retreat with Alexis
Saturday, January 16**



WEST COAST**

EAST COAST

8 - 9am PT.....

**Welcome
Opening Sit**

..... 11am - 12pm EST

9:45 - 10:30am.....

**Group Sit /
Discussion / Q&A**

.....12:45 - 1:30pm

11:30 - 12:15pm.....

**Group Sit and
Reflection**

..... 2:30 - 3:15pm

1 - 2pm

**Group Sit /
Discussion / Q&A**

.....4 - 5pm

**Please find your own time zone based on these samples