# Glasgow CPD Day 25/1/19

9.30 Welcome/ground rules/eye contact

9.40 Sitting meditation - introducing influences on personal mindfulness pathway.

10.10 Mindful movement

11.00 *Break Silent*

11.20 Body Scan 12.00 Walking meditation

12.15 Talk – embodiment and participant-observer

12.25 Sitting meditation – focus on embodiment

1.00 *Lunch - silent*

1.45 Walking outside

2.30 Short talk on Languaging

2.35 Sitting Practice – focus on languaging

2.55 Walking Meditation

3.05 Talk on Allowing

3.10 Sitting Practice – focus on allowing

3.30 Walking

3.40 Talk on Orienting

3.45 Sitting Practice – focus on orienting

4.05 Tea & Discussion (Inquiry of day)

4.50 Meditation – end with closing ceremony

5.00 Finish