1. Overview of Retreat
2. Question and answer
3. Inquiry - What's aware now?
4. Grounded in Being
5. New Habits of Consciousness
6. Shift in Orientation
7. Options for this retreat
8. Inquiry - What is awareness like?
9. The three levels of movement introduction
   Letting awakening be normal. Mindful move.
   Returning the eyes to their natural state.
11. Fourth state of Consciousness and Unhooking exercise.
   Heart centered intelligence. Natural state of Consciousness.
14. Peer Inquiry. Four questions exercise. Instructions and Q&A.
   Peer Inquiry Printout
15. Sharing Peer Experience.
16. Q&A about spacious awareness and the practice of awareness techniques.
17. Sharing experience after awareness exercise.
18. Q&A Waking up, Growing Up
20. Exercise- Open eyes awareness with debrief.
21. Grace practicing awareness throughout the day; Simultaneous mind; functioning from awareness
23. Beginning From Spacious Awareness, Unhooking, Spacious and Local Awareness
24. Deconstruction; trouble and pain in the world, meaning that’s prior to thinking
25. Exercise- Open Hearted Awareness and Compassion
26. Exercise- Cave of the Heart
27. Time- Present moment- Deathless awareness- Ego
28. Exercise- Moving into Open Hearted Awareness
29. Debrief of exercise
30. Exercise- Open hearted Tonglen with partner
31. Debrief of Exercise and Guided Tai Chi Process
   Peer Inquiry printout