

Yom Kippur 2021
Outline of the day (Times are approximate)

10:05	Gathering
10:15	Opening Framing the day Taking of the 5 precepts
10:30	Guided Sitting Meditation
11:00	15-minute walk or stretch
11:15	A short dharma talk
11:30	Confessional (Vidui)
12:00	15-minute walk or stretch
12:15	A short dharma talk
12:30	Sit
1:00	Dana Talk
1:15	Walking meditation inside or outside or rest period
2:45	Guided Sitting meditation
3:15	Walk
3:30	A meditation on the 5 reflections. Yizkor – Honoring connection through time
4:00	A short dharma talk
4:15	Confessional
4:30	Guided forgiveness meditation
5:00	Choose your practice - sit, stand, walk, stretch
5:30	Final Confessional
5:45	Group Sharing and Reflection on the day
6:15	Reflections upon, and taking the Five precepts
6:30	Metta sutta and dedication of merit
6:40	Closing SHOFAR
6:45	Break fast