



AMERICAN MEDITATION INSTITUTE  
*Bringing Yoga Science to Life*

# Healing Begins at Home

Hosted by Leonard Perlmutter (Ram Lev) AMI Founder

## 2020 ONLINE SUMMER RETREAT AGENDA

The Easy-Gentle Yoga video link will be emailed to you upon registration.  
 Please watch it and become familiar with the postures before the retreat begins.

### Wednesday, July 29

9:30am-11:30am LIVE: Welcome and *Who am I?* LECTURE  
 11:30am-1:00pm Lunch  
 1:00pm-3:00pm Complete assignments (videos, reading, practices)  
 3:00pm-4:00pm LIVE: Social Hour / Guided Meditation  
 4:00pm-5:00pm LIVE: Private Appointments with Leonard  
 4:00pm-6:00pm Complete assignments (videos, reading, practices)  
 6:00pm-7:00pm Dinner  
 7:00pm-8:30pm LIVE: Review: Q & A

### Thursday, July 30

9:30am-11:30am LIVE: *Meditation Procedure* LECTURE  
 11:30am-1:00pm Lunch  
 1:00pm-3:00pm Complete assignments (videos, reading, practices)  
 3:00pm-4:00pm LIVE: Social Hour / Guided Meditation  
 4:00pm-5:00pm LIVE: Private Appointments with Leonard  
 4:00pm-6:00pm Complete assignments (videos, reading, practices)  
 6:00pm-7:00pm Dinner  
 7:00pm-8:30pm LIVE: Review, Q & A, Guided Meditation

### Friday, July 31

9:30am-11:30am LIVE: *Breath as Medicine* LECTURE  
 11:30am-1:00pm Lunch  
 1:00pm-3:00pm Complete assignments (videos, reading, practices)

### Friday, July 31 continued

3:00pm-4:00pm LIVE: Social Hour / Guided Meditation  
 4:00pm-5:00pm LIVE: Private Appointments with Leonard  
 4:00pm-6:00pm Complete assignments (videos, reading, practices)  
 6:00pm-7:00pm Dinner  
 7:00pm-8:30pm LIVE: Review, Q&A, Meditation, *Ayurveda*, LECTURE

### Saturday, August 1

9:30am-11:30am LIVE: *Anatomy of the Mind* LECTURE  
 11:30am-1:00pm Lunch  
 1:00pm-3:00pm Complete assignments (videos, reading, practices)  
 3:00pm-4:00pm LIVE: Social Hour / Guided Meditation  
 4:00pm-5:00pm LIVE: Private Appointments with Leonard  
 4:00pm-6:00pm Complete assignments (videos, reading, practices)  
 6:00pm-7:00pm Dinner  
 7:00pm-8:30pm LIVE: *Yoga Nidra/Therapeutic Healing, Q&A*

### Sunday, August 2

9:30am-11:30am LIVE: *Guided Meditation and Discussion*  
 11:30am-1:30pm Lunch  
 1:30pm-3:00pm *Contemplation, Repentance & Prayer*  
 3:00pm-4:00pm LIVE: Guided Meditation / Social Hour  
 4:00pm-5:00pm LIVE: Private Appointments with Leonard  
 4:00pm-5:00pm RETREAT ENDS

All times are Eastern Standard Time