

The Creator Inside 2026 Outline Schedule (Timings GMT)

All activities are optional

	Thursday 29th Oct	Friday 30th Oct	Saturday 31st Oct	Sunday 1st Nov
Early Morning		7am Meditation : guided sit, walking, silence, reading . 45mins	7am Meditation : guided sit, walking, silence, reading . 45mins	7am Meditation : guided sit, walking, silence, reading . 45mins
<i>breakfast</i>		7.45-9am Breakfast	7.45-9am Breakfast	7.45-9am Breakfast
Morning		9-10.30am Talk.& Activity 10.30 Screen break 11.30 Activity	9-10.30am Talk.& Activity 10.30 Screen break 11.30 Activity	9 - 10.30am Solo Activity 10.30 Get together with a cuppa
<i>lunch</i>		12.30-2pm Lunch. Optional onscreen sharing from 1pm	12.30-2pm Lunch. Optional onscreen sharing from 1pm	12.30-2pm Lunch. Optional onscreen sharing from 1pm
Afternoon		2.30pm Activities 4.30pm Screen / tea break	2.30pm Activities 4.30pm Screen / tea break	2pm Closing Circle 4pm End
<i>dinner</i>		6-7pm Dinner	6-7pm Dinner	
Evening	6pm Orientation / Welcome Screen break 8- 9 pm Silent Practice	7 - 8 pm Sharing 8 - 9 pm Silent Practice	7 - 8 pm Sharing 8 - 9 pm Silent Practice	

