

## THE 3 KEYS MEDITATION & THEORY SCHEDULE | WEEKS 1-2

MODULE 1 | WEEK 1

MODULE 1 | WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
THEORY	Part 1   Coming out of the fusion (25min)	Part 2   Basics of Meditation (27min)		P3   Misconceptions about Meditation (18min)	P4   Finding the right Posture (13min)	LIVE 10-11.30am	
PRACTICES	Practice Introduction & Practice 1 (16min)	Practice 1 (10min)	Practice Introduction & Practice 2 (18min)	Practice 2 (10min)	Practice Introduction & Practice 3 (17min)	Practice 3 (10min)	Practice Introduction & Practice 4 (25min)
THEORY	Part 5   Understanding Thoughts (14min)	Part 6   Thoughts & Feelings from an Evolutionary Perspective (13min)		Extended Practice: Labeling Thoughts (29min)	Trouble Shooting (27min)	LIVE 10-11.30am	
PRACTICES	Practice 4 (10min)	You choose	You choose	You choose	You choose	You choose	You choose



## THE 3 KEYS MEDITATION & THEORY SCHEDULE | WEEKS 3-4

MODULE 2 | WEEK 3

MODULE 2 | WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
тнеоку	Part 1   Who are you if you are not what you think? (29min)	Part 2   Understanding the mechanics of awareness (28min)		Part 3  Awareness Meditation Practices (30min)	Part 4   From Concentration to Awareness (16min)	LIVE 10-11.30am	
PRACTICES	Practice Introduction & Practice 1 (14min)	Practice 1 (10min)	Practice Introduction & Practice 2 (14min)	Practice 2 (10min)	Practice Introduction & Practice 3 (16min)	Practice 3 (10min)	Practice Introduction & Practice 4 (14min)
тнеоку	Extended Practice: Non Duality (30min)	Navigating Challenges (17min)				LIVE 10-11.30am	
PRACTICES	Practice 4 (10min)	Practice 5 (10min)	You choose	You choose	You choose	You choose	You choose

## THE 3 KEYS MEDITATION & THEORY SCHEDULE | WEEKS 5-7

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MODULE 3   WEEK 5	THEORY	Part 1   Your relationship to all that arises (21min)	Part 2   What pulls us out (19min)		Part 3  Seeing the relationship clearer (12min)	Part 4   Emotions (30min)	LIVE 10-11.30am	
	PRACTICES	Practice Introduction & Practice 1 (40min)	Practice 1 (10min)	Practice Introduction & Practice 2 (35min)	Practice 2 (10min)	Practice Introduction & Practice 3 (25min)	Practice 3 (15min)	Practice Introduction & Practice 4 (21min)
<b>3</b>   WEEK 6	тнеоку	Part 5   Self Compassion (19min)	Part 6   Working with Pain & Discomfort (30min)		Part 7   Trusting & Controlling (30min)	Part 8   Acceptance (15min)	LIVE 10-11.30am	
	PRACTICES	Practice 4 (10min)	You choose	You choose	You choose	You choose	You choose	You choose
3   WEEK 7	тнеоку	L9   A shift in Perception (17min)	Extended Practice Morning Practice (25min)		Extended Practice Evening Practice (23min)	Closing	LIVE 10-11.30am	
MODULE 3	PRACTICES	You choose	You choose	Morning Practice (10min)	Morning Practice (10min)	Evening Practice (10min)	Evening Practice (10min)	You choose

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