

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

MODULE 3 | WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
THEORY	Part 1 Your relationship to all that arises (21min) <input type="checkbox"/>	Part 2 What pulls us out (19min) <input type="checkbox"/>		Part 3 Seeing the relationship clearer (12min) <input type="checkbox"/>	Part 4 Emotions (30min) <input type="checkbox"/>	LIVE 10-11.30am <input type="checkbox"/>	
PRACTICES	Practice Introduction & Practice 1 (40min) <input type="checkbox"/>	Practice 1 (10min) <input type="checkbox"/>	Practice Introduction & Practice 2 (35min) <input type="checkbox"/>	Practice 2 (10min) <input type="checkbox"/>	Practice Introduction & Practice 3 (25min) <input type="checkbox"/>	Practice 3 (15min) <input type="checkbox"/>	Practice Introduction & Practice 4 (21min) <input type="checkbox"/>

MODULE 3 | WEEK 6

THEORY	Part 5 Self Compassion (19min) <input type="checkbox"/>	Part 6 Working with Pain & Discomfort (30min) <input type="checkbox"/>		Part 7 Trusting & Controlling (30min) <input type="checkbox"/>	Part 8 Acceptance (15min) <input type="checkbox"/>	LIVE 10-11.30am <input type="checkbox"/>	
PRACTICES	Practice 4 (10min) <input type="checkbox"/>	You choose <input type="checkbox"/>	You choose <input type="checkbox"/>	You choose <input type="checkbox"/>	You choose <input type="checkbox"/>	You choose <input type="checkbox"/>	You choose <input type="checkbox"/>

MODULE 3 | WEEK 7

THEORY	L9 A shift in Perception (17min) <input type="checkbox"/>	Extended Practice Morning Practice (25min) <input type="checkbox"/>		Extended Practice Evening Practice (23min) <input type="checkbox"/>	Closing <input type="checkbox"/>	LIVE 10-11.30am <input type="checkbox"/>	
PRACTICES	You choose <input type="checkbox"/>	You choose <input type="checkbox"/>	Morning Practice (10min) <input type="checkbox"/>	Morning Practice (10min) <input type="checkbox"/>	Evening Practice (10min) <input type="checkbox"/>	Evening Practice (10min) <input type="checkbox"/>	You choose <input type="checkbox"/>