

SiTT Together

Online Practice Morning

Sat 7 October 2023

10 am to 1 pm (UK time)

Community, Connection and Care

Schedule

10.00: arriving & settling

10.15: Sitting in silence

10.55: Mindful movement

11.20: Mindful break

11.35: Body scan

12.00: Dialogue & inquiry

1.00: Finish

[Click here to register for the Event](#)

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www.sitt.community