



VIRTUAL MEDITATION SCHEDULE

Welcome to the **Sankofa Insight Space**. This schedule features our full range of **meditation offerings**, created to support your practice of stillness, reflection, and inner clarity. *Please note: Class times are subject to change and do not include special programs or workshops. For the most up-to-date daily schedule, please visit our live scheduler on the website.*

Monday

8:00 am EST	<i>Morning Meditation</i>	(virtual)
8:00 pm EST	<i>Evening Meditation</i>	(virtual)

Tuesday

8:00 am EST	<i>Morning Meditation</i>	(virtual)
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Wednesday

8:00 pm EST	<i>Evening Sound Bath & Sit</i>	(virtual)
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Thursday

8:00 am EST	<i>Morning Breathwork</i>	(virtual)
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Friday

8:00 am EST	<i>Morning Meditation</i>	(virtual)
12:00 pm EST	<i>Midday Meditation</i>	(virtual)

Saturday

8:30 am EST	<i>Morning Meditation</i>	(virtual)
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	SESSION DESCRIPTIONS
Monday & Friday 8:00 AM	Awareness & Inner Wisdom <i>A guided meditation practice using breath, reflection, and self-inquiry to help you slow down, listen inward, and reconnect with your own wisdom. Come curious. Leave clear. (30 minutes)</i>
Monday 8:00 PM	Evening Meditation: Deep Rest <i>A virtual evening meditation to unwind the start of your week. Through a rest-based approach, including Yoga Nidra, you'll release tension and align your mind and body for the days ahead. (45 minutes)</i>
Tuesday 8:00 AM	Loving-Kindness & Stillness (Metta Practice) <i>A silent sitting practice, supported by guided phrases to cultivate compassion for self and others. (30 minutes)</i>
Wednesday 8:00 PM	Evening Sound Bath & Sit <i>An immersive experience blending stillness with sound. Begin with breath awareness, then settle into a meditative sound bath featuring crystal bowls, chimes, and other instruments to support nervous system regulation and deep rest. (45 minutes)</i>
Thursday 8:00 AM	The Healing Breath: A Mindful Practice <i>A gentle breath-based practice to calm the mind, restore balance, and support emotional healing. (30 minutes)</i>
Friday 12:00 PM	Midday Meditation Sacred Pause: Midday Meditation Reset <i>A guided meditation to pause, breathe, and realign. Centered on breath, gratitude, and gentle affirmation—perfect for busy minds and full days. (30 minutes)</i>
Saturday 8:30 AM	Morning Meditation Circle <i>A reflective practice combining guided meditation with intentional journaling. Each session centers a theme, quote, or prompt—inviting participants to listen inward, write freely, and share (if inspired) in community. Great for folks who think they can't meditate. (30 minutes)</i>