



## 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.*

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### Monday

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

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### Tuesday

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

8:00 pm EST	<i>Evening Sound Bath &amp; 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)

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### Saturday

8:30 am EST	<i>Morning Meditation</i>	(virtual)
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### Sunday

7:00 pm EST	<i>Evening Meditation &amp; Restorative Yoga</i>	(virtual)
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	<b>SESSION DESCRIPTIONS</b>
<b>Monday &amp; Friday 8:00 AM</b>	<b>Awareness &amp; Inner Wisdom</b> <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>
<b>Monday 8:00 PM</b>	<b>Evening Meditation: Deep Rest</b> <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>
<b>Tuesday 8:00 AM</b>	<b>Loving-Kindness &amp; Stillness (Metta Practice)</b> <i>A silent sitting practice, supported by guided phrases to cultivate compassion for self and others. (30 minutes)</i>
<b>Wednesday 8:00 PM</b>	<b>Evening Sound Bath &amp; Sit</b> <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>
<b>Thursday 8:00 AM</b>	<b>The Healing Breath: A Mindful Practice</b> <i>A gentle breath-based practice to calm the mind, restore balance, and support emotional healing. (30 minutes)</i>
<b>Friday 12:00 PM</b>	<b>Midday Meditation</b> 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>
<b>Saturday 8:30 AM</b>	<b>Morning Meditation Circle</b> <i>A reflective practice centering a theme, quote, or prompt—inviting participants to listen inward share (if inspired) (30 minutes)</i>
<b>Sunday 7:00 PM</b>	<b>Evening Meditation &amp; Restorative Yoga</b> <i>A meditative experience combining breath awareness and immersive sound healing to support deep rest and nervous system regulation.</i>