

### Harmony Ridge Retreat, 2019

<b>Date</b>	<b>Topic</b>	<b>Title</b>	<b>link</b>
Monday, 10-28-19	Instruction	Meditation Instruction: The Object of Attention	<a href="https://youtu.be/WliqE5xPddE">https://youtu.be/WliqE5xPddE</a>
Monday, 10-28-19	Dharma	Calm Abiding	<a href="https://youtu.be/lbnlKGVLFmG">https://youtu.be/lbnlKGVLFmG</a>
Tuesday 10-29-19	Instruction	Meditation Instruction: Body Scan	<a href="https://youtu.be/-yp33C3a5iq">https://youtu.be/-yp33C3a5iq</a>
10-29-19		Instruction: Disembodied	<a href="https://youtu.be/CHdxtCIM840">https://youtu.be/CHdxtCIM840</a>
10-29-19		Q&A Body awareness and walking	<a href="https://youtu.be/EwNSS9R6KAs">https://youtu.be/EwNSS9R6KAs</a>
10-29-19		Q&A: When the Body Calls Out	<a href="https://youtu.be/XYzxxD58FKg">https://youtu.be/XYzxxD58FKg</a>
10-29-19		Q&A: Staying Present for Whatever Arises	<a href="https://youtu.be/sB5DqrHvOLY">https://youtu.be/sB5DqrHvOLY</a>
10-29-19		Q&A: Patience is a kind of power	<a href="https://youtu.be/31tclq89KMg">https://youtu.be/31tclq89KMg</a>
10-29-19		Q&A: Pain and the elements of sensation	<a href="https://youtu.be/gN5XcM1wq9c">https://youtu.be/gN5XcM1wq9c</a>
10-29-19		Q&A: Finding the Equanimity	<a href="https://youtu.be/1Gjft2fF3rk">https://youtu.be/1Gjft2fF3rk</a>
10-29-19		Q&A: Attention to the Body	<a href="https://youtu.be/4bRCWbi0L7E">https://youtu.be/4bRCWbi0L7E</a>
10-29-19	Q&A	Q&A: Boredom and the Trap Door	<a href="https://youtu.be/ZsrRwJNPesE">https://youtu.be/ZsrRwJNPesE</a>
10-29-19	Q&A	Q&A: Working with fear in the body	<a href="https://youtu.be/5jIK39bC6Ls">https://youtu.be/5jIK39bC6Ls</a>
10-29-19	Q&A	Q&A: Breathing in one feels the body	<a href="https://youtu.be/5RDtQxbTRSG">https://youtu.be/5RDtQxbTRSG</a>
Tuesday 10-29-19	Dharma	5 skandhas	<a href="https://youtu.be/66H_0LeK0MI">https://youtu.be/66H_0LeK0MI</a>