

# *be right back*

## **MEDITATION MASTERCLASS PRESENTED BY LUCY STONE**

**22.03.22**

**1:30 PM**

Welcome, introductions, breathwork session,  
meditation myth busting, some essential basics

**2:00 PM**

My story and the foundations of  
Be Right Back

**2:30 PM**

Neuroplasticity and the necessity of  
The Practice

**3:00 PM**

Be Right Back, just taking a Break

**3:15 PM**

Energiser

**3:20 PM**

Be Right Back - The Technique  
The Practical

**4:30 PM**

Questions, Feedback, Closing Meditation

**5 PM**

Finish