

Daily Schedule

Saturday, June 27

11:30 Arrival and lunch

14:00 Afternoon meditation session

17:00 Tea

18:00 Free time and individual practice

19:30 Evening chanting, meditation, and Dhamma talk

22:00 Rest period

June 28 – July 4

05:00 Wake-up

05:30 Morning chanting and meditation

07:00 Breakfast

07:45 Work meditation

08:45 Morning meditation session

11:30 Lunch

14:00 Afternoon meditation session

17:00 Tea

18:00 Free time and individual practice

19:30 Evening chanting, meditation, and Dhamma talk

22:00 Rest period

July 5

05:00 Wake-up

05:30 Morning chanting and meditation

07:00 Breakfast

07:45 Work meditation

08:45 Meditation

10:30 Closing talk by the organizers

11:00 Offering of the meal and lunch

14:00 End of the retreat