



concept & workshops development

Time Schedule for the retreat (sample only)

awakening 6:00
Meditation in the hall 6:30
Meditation in the nature 7:15
breakfast 8:00
Meditation in the hall 9:00
Walking meditation 10:00
Meditation in the hall 10:45
Walking meditation 11:30
Meditation in the hall 12:15
lunch 13:00
Siesta 14:00
Meditation in the hall 16:00
Walking meditation 16:30
Meditation in the hall 16:00
dinner 18:00
Walking meditation in the sunset 19:15
dharma talk 20:15
Meditation in the hall 21:00
good night 21:30