Daily Schedule
14 Day Retreat Aug 3 – 17 2024
1.week Metta, 2.week Vipassana

August 3

20.30 – ca. 21.30 Opening with Introduction & Meditation - online

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August 4 – 16

6.45 sitting meditation - online
7.30 breakfast etc.

9.15 sitting meditation - online
10.05 walking meditation
11.00 sitting meditation - online
11.45 walking meditation

12.30 lunch break

14.30 sitting meditation - online
15.15 walking meditation
16.00 sitting meditation - online
16.45 walking meditation or 16.50 Questions & Answers – online with second zoom link

17.30 tea time

18.30 sitting meditation – not online
18.55 walking meditation

19.15 Dharma talk – online
20.15 walking meditation
20.45 – 21.30 sitting meditation and dedication – online

August 17

6.45 sitting meditation and info – online
7.30 breakfast

9.15 – ca. 10.45 meditation, closing talk, dedication
ca. 11.40 sharing – online, till ca. 12.10 with second zoom link