

Retreat Schedule

- ** 5.00 wake up bell
- * 5.30 chanting, meditation (sitting, standing)
- 7.00 breakfast
- ** 8.00 work meditation
- * 9.00 Dhamma instruction
- 10.00-
11:30 Meditation
- 12.00 lunch
- *14.00 Qi Gong and group meditation
- 15.30 –
17:00 individual meditation
- 17.15 break – fruit juices
- *19.30 chanting, meditation, Dhamma talk or questions
- 21.15 rest / working meditation / further practice

****Please gong at the time indicated.**

***Please gong 7 min. before the time indicated**

**Before gonging, please open all the windows on both sides
in the meditation hall
and close them again when you come back in.**

Thank you.