

**Daily Schedule**  
**1 week Metta Retreat Aug 8 - 15 2026**

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**August 8**

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

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**August 9 - 14**

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**  
Every or every second day  
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     **sitting meditation and dedication - online**  
- 21.30

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**August 15**

6.45      **sitting meditation - online**

7.30      breakfast

9.15      **sitting meditation - online**

10.05     walking meditation

11.00     **sitting meditation - online**

ca. 11.50 **sharing - online, till ca. 12.25 (with second zoom-link)**