

Daily Schedule

1 week Vipassana Retreat Aug 15 - 22 2026

August 15

- 19.15 Dharma talk - online
20.15 walking meditation
20.45 sitting meditation - online
- 21.30
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August 16 - 21

- 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 22

- 6.45 sitting meditation and info - online
7.30 breakfast
9.15 meditation, closing talk, dedication
- ca. 10.45
ca. 11.50 sharing - online, till ca. 12.15 with second zoom link