

Daily Schedule
14 Day Retreat Aug 8 - 22 2026
1.week Metta, 2.week Vipassana

August 8

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

August 9 - 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

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**