

Daily Schedule

Monday 26 December

19:30 pm - 21:00 pm Introduction session

Tuesday 27 December – Thursday 5 January

7:00 am - 8:00 am Prayers and sitting meditation

8:00 am - 9:30 am Mindful breakfast

9:30 am - 10:15 am Sitting meditation

10:15 am - 10:45 am Walking meditation

10:45 am - 11:15 am Tea break

11:15 am - 12:00 am Meditation session

12:00 pm - 14:00 pm Mindful lunch, rest and karma-yoga

14:00 pm - 14:45 pm Sitting meditation

14:45 pm - 15:30 pm Walking meditation; private interview

15:30 pm - 16:15 pm Sitting meditation

16:15 pm - 16:30 pm Tea break

16:30 pm – 17:15 pm Walking meditation; private interview

17:15 pm - 18:00 pm Sitting meditation

18:00 pm - 19:30 pm Light mindful dinner

19:30 pm - 21:00 pm Teachings, sitting meditation and prayers

Friday 6 January

7:00 am - 8:00 am Final session, dedication prayer

8:00 am - 9:30 am Victory breakfast