

RETREAT SCHEDULE

A typical day will be as follows:

7.00am : morning sitting practice.

7.45-8.15am : mindful movement.

8.30am : breakfast in silence

9.30am : morning talk/workshop

11.00-12.00pm : mindful walk in countryside setting.

12.30pm : lunch (first 20 minutes in silence)

2.30-4.00pm : mindful sharing

5.00pm : bodyscan / deep relaxation practice

6.00pm : dinner (first 20 minutes in silence)

7.30-9.00pm : evening talk & practice session