

INTERNATIONAL RETREAT – THE WAY OUT IS IN

19.7 – 23.7.2023

Wednesday 19.07

Arrival day

17:30 Dinner

19:30 Orientation

21:30 Noble Silence

Thursday 20.07

5:30 Wake up

6:00 Moving Meditation

7:00 Sitting Med. + Sutra/Spiritual Text

8:00 Breakfast

9:30 Singing Med.

9:45 Dharma Talk

12:00 Walking Med.

13:00 Lunch

14:30 Deep Total Relaxation

15:30 Working Med.

16:45 Dharma Sharing

18:30 Dinner

20:00 Touching the Earth Presentation

21:30 Noble Silence

Friday 21.07

5:30 Wake up
6:00 Moving Meditation
7:00 Sitting Med. + Sutra/Spiritual Text
8:00 Breakfast
9:30 Singing Med.
9:45 Dharma Talk
12:00 Walking Med.
13:00 Lunch
14:30 Working Med.
15:30 Hiking
18:30 Dinner
20:00 5 MTs Presentation
21:30 Noble Silence

Saturday 22.07

5:30 Wake up
6:00 Moving Meditation
7:00 Sitting Med. + Sutra/Spiritual Text
8:00 Breakfast
9:30 Singing Med.
9:45 Dharma Talk
12:00 Walking Med.
13:00 Lunch
14:30 Deep Total Relaxation
15:30 Working Med.
16:45 Dharma Sharing

18:30 Dinner

20:00 Peace Festival

21:30 Noble Silence

Sunday 23.07

5:30 Wake up

6:00 5 MTs Transmission Ceremony

8:00 Breakfast

9:30 Question and Answer

12:00 Lunch

Fare well