

DUTCH RETREAT - WEES STIL EN GENEES

08.08 – 13.08.2023

Tuesday 08.08

Arrival day

17:30 Dinner

19:30 Orientation

22:00 Noble Silence

Wednesday 09.08

6:00 Wake up

6:30 Sitting Med. + Sutra/Spiritual Text

7:15 Moving Med.

8:00 Breakfast

9:30 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

Thursday 10.08

6:00 Wake up

6:30 Sitting Med. + Sutra/Spiritual Text

7:15 Moving Med.

8:00 Breakfast

9:30 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 Beginning Anew Presentation

21:30 Noble Silence

Friday 11.08

6:00 Wake up

6:30 Sitting Med. + Sutra/Spiritual Text

7:15 Moving Med.

8:00 Breakfast

9:30 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 5 MTs Presentation

21:30 Noble Silence

Saturday 12.08

6:00 Wake up

6:30 Sitting Med. + Sutra/Spiritual Text

7:15 Moving Med.

8:00 Breakfast

9:30 Dharma Talk

12:00 Walking Med.

13:00 Lunch

14:30 Heart Sutra Singing

15:30 Working Med.

16:45 Dharma Sharing

18:30 Dinner

20:00 Peace Meditation

21:30 Noble Silence

Sunday 13.08

6:00 Wake up

6:30 5 MTs Transmission Ceremony

8:00 Breakfast

9:30 Question & Answer

12:00 Cleaning room

12:30 Lunch

WEL THUIS/Safe journey home