

Online Retreat Schedule 21-23 August, 2020

(Times given here are CEST. You can use timee.io or timeanddate.com to convert these times to your local timezone if you are outside central Europe).

Friday 21 August

19:00pm - 21:00pm Introduction & Evening practice*

Saturday 22 August

7:00 - 8:00	Morning meditation*
8:00 – 9:00	Home based practice
9:00 - 12:00	Morning Practice*
12:00 – 14:00	Home based practice
14:00 – 17:00	Afternoon Practice*
17:00 – 19:00	Home based practice
19:30 – 21.00	Evening Practice*

Sunday 23 August

7:00 - 8:00	Morning meditation*
8:00 – 9:00	Home based practice
9.00 - 12.00	Morning practice & closing session*
12:00 –14:00	Home based practice
14:00 – 17:00	Afternoon Practice and Closing*

NOTES

1. * indicates an online zoom session (including offscreen periods)
2. online zoom sessions may include silent meditation and interpersonal practice, dhamma reflection and contemplation, movement and walking
3. home based practice periods are offline and may include time for meals