

Befriending Your Mind

Find calm, equanimity and learn to focus in the midst of this crazy wonderful ride called life.

Friday October 30 – November 1, 2020

Friday	16.00	arrival
	17.30 - 18.30	dinner
	19.00 - 20.30	welcome talk & meditation on the breath, start noble silence
	21.30	lights out
Saturday	7.30 – 8.00	self practice meditation
	8.00 - 8.45	breakfast
	9.00 - 9.45	meditation on the breath with teacher
	9.45 - 10.30	walking meditation
	10.30 - 11.00	tea break
	11.00 - 12.30	mindful movement / yin yoga with teacher
	13.00 - 14.00	lunch
	14.00 - 14.45	meditation on breath with teacher
	14.45 - 15.30	walking meditation
	15.30 - 16.00	tea break
	16.00 - 17.00	Q&A private sessions
	18.30 - 19.30	dinner
20.00 - 20.45	meditation on body sensations with teacher	
21.30	lights out	
Sunday	7.30 – 8.00	self practice meditation
	8.00 - 8.45	breakfast
	9.00 - 9.45	meditation on body sensations with teacher
	9.45 - 10.30	walking meditation
	10.30 - 11.00	tea break
	11.00 - 12.30	mindful movement / yin yoga led by teacher
	13.00 - 14.00	lunch and noble silence broken
	14.00 - 15.00	group Q&A & sharing
	16.00	departure

Living from the Heart

Finding gratitude in the midst of ten thousand sorrows and ten thousand joys.

Friday March 12 – Sunday March 14, 2021

Friday	16.00	arrival
	17.30 - 18.30	dinner
	19.00 - 20.30	welcome talk & meditation on the breath & body sensations, start noble
silence		
	21.30	lights out
Saturday	7.30 – 8.00	self practice meditation
	8.00 - 8.45	breakfast
	9.00 - 9.45	meditation forgiveness with teacher
	9.45 - 10.30	walking meditation
	10.30 - 11.00	tea break
	11.00 - 12.30	mindful movement / yin yoga with teacher
	13.00 - 14.00	lunch
	14.00 - 14.45	meditation on forgiveness with teacher
	14.45 - 15.30	walking meditation
	15.30 - 16.00	tea break
	16.00 - 17.00	Q&A private sessions
	18.30 - 19.30	dinner
	20.00 - 20.45	meditation loving kindness with teacher
21.30	lights out	
Sunday	7.30 – 8.00	self practice meditation
	8.00 – 8.45	breakfast
	9.00 - 9.45	meditation loving kindness with teacher
	9.45 - 10.30	walking meditation
	10.30 - 11.00	tea break
	11.00 - 12.30	mindful movement / yin yoga with teacher
	13.00 - 14.00	lunch and noble silence broken
	14.00 - 15.00	group Q&A & sharing
	16.00	departure