

Living from the Heart

Friday

19.30 – 20.45 Welcome talk & Meditation
20.45 Start noble silence

Saturday

7.15 – 8.00 self practice
8.00 – 8.45 breakfast
9.00 – 9.45 Meditation
9.45 – 10.30 Walking Meditation
10.30 – 11.00 tea break
11.00 12.30 Mindful Movement / Yoga
13.00 – 14.00 lunch
14.00 – 14.45 Meditation
14.45 – 15.30 Walking Meditation
15.30 – 16.00 tea break
16.00 – 17.15 Interview sessions
18.30 – 19.30 dinner
20.00 – 20.45 Meditation

Sunday

7.15 – 8.00 self practice
8.00 – 8.45 breakfast
9.00 – 9.45 Meditation
9.45 – 10.30 Walking Meditation
10.30 – 11.00 tea break
11.00 - 12.30 Mindful Movement / Yoga
13.00 – 14.00 lunch & break noble silence
14.00 – 14.45 Closure talk & group sharing
16.00 departure