

Daily Retreat Schedule

Morning Practice

6:00 - 6:30 Walking Meditation

6:30 - 7:00 Meditation Instructions

7:00 - 7:30 Breakfast

7:30 - 9:00 Break (for essential household duties, done in noble silence)

Morning Session

9:00 – 10:00 Walking Meditation

10:00 - 11:30 Dharma Talk

11:30 - 12:15 Sitting Meditation

Midday

12:15 - 13:30 Lunch and Break

Afternoon Session

13:30 - 14:15 Sitting Meditation

14:15 - 15:00 Walking Meditation

15:00 - 15:45 Sitting Meditation

15:45 - 16:30 Walking Meditation

16:30 - 17:15 Sitting Meditation

17:15 - 18:00 Walking Meditation

Evening Session

18:00 - 18:45 Dinner

18:45 - 19:30 Walking Meditation

19:30 - 20:00 Sitting Meditation

20:00 - 20:30 Evening Teaching and Closing

Notes:

- All times are in CET (Central European Time)
- Alternate between sitting and walking meditation in 45-minute intervals
- Short breaks (5 minutes) between sessions for stretching
- Please maintain noble silence throughout the day
- Join sessions a few minutes before the scheduled time

Key Elements:

- Morning Instructions: 6:30
- Dharma Talk: 10:00
- Main Meal Times:
 - Breakfast: 7:00
 - Lunch: 12:15
 - Dinner: 18:00
- Evening Teaching: 20:00

May your practice be peaceful and insightful.