

ACTION FROM THE HEART *(Paris time)*

This schedule is for European and African time zones (CET, Paris time)

CET	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Paris time	24th Feb	25th Feb	26th Feb	27th Feb	28th Feb
7:00 AM	Guided sitting med + Love letters to the Earth			Beginning anew with Mother Earth (by Sr Chan Duc)	Thay's word sitting med, reading
7:45 AM	Exercise				Exercise
	<i>Breakfast (offline)</i>				
9:30 AM	Plum Village practice songs and brief introduction				
9:45 AM	Dharma talk	Live interview with Sr Chan Khong	Panel sharing on global ethics	Q & A	Dharma talk
11:30 AM	<i>Walking meditation (offline)</i>				
12:45 PM	<i>Lunch (offline)</i>				
14:30:00	Total relaxation (pre-rec.)				
3:30 - 5:00 PM	Dharma sharing	Dharma sharing	16:00 Dharma talk	Dharma sharing	5 MT Transmission Ceremony
6:00 PM	<i>Dinner offline or optional tea hang-out</i>	<i>Dinner in Affinity groups (optional)</i>	Dinner in DS groups - <i>for others: optional tea hang-out</i>	<i>Dinner in Affinity groups (optional)</i>	Dinner in DS groups - <i>for others: optional tea hang-out</i>
8:00 PM	Guided sitting meditation and reading	Workshops	Thay's words - sitting meditation and reading	Special Guests Panel	Closing session: Celebrating our diversity and inclusiveness
<i>At end of each evening panel/ workshop sitting for 10 minutes</i>					