

# ACTION FROM THE HEART *(New York time)*

*This schedule is for the Americas - Eastern standard time zone (EST, New York time) (CT see on left)*

| Paris time   | EST             |              | WEDNESDAY  | THURSDAY                            | FRIDAY   | SATURDAY  | SUNDAY   |
|--------------|-----------------|--------------|--|-------------------------------------|--|---|--|
|              |                 |              | 24th Feb   | 25th Feb                            | 26th Feb   | 27th Feb  | 28th Feb   |
| 1:00 PM      | 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         |              | Breakfast (offline)  |                                     |  |   |  |
| 14:30:00     | 8.30 AM         |              | Total relaxation (pre-recorded)                            |                                     |  |   |  |
| 15:30- 17:00 | 9:30 - 11:00 AM | live with PV | Dharma sharing   | Dharma sharing                      | 10:00 Dharma talk                                      | Dharma sharing                                    | 5 MT Transmission Ceremony                                   |
|              | 11.30 AM        |              | Walking meditation (offline)                               |                                     |  |   |  |
| 6:00 PM      | 12.00 PM        | live with PV | Lunch offline or optional tea hang-out                     | Lunch in Affinity groups (optional) | Lunch in DS groups - for others: optional tea hang-out | Lunch in Affinity groups (optional)               | Lunch in DS groups - for others: optional tea hang-out       |
| 8:00 PM      | 2.00 PM         | live with PV | Guided sitting meditation and reading                      | Workshops                           | Thay's words - silent sitting and reading              | Special guests panel sharing                      | Closing session: Celebrating our diversity and inclusiveness |
|              | 5.00 PM         | pre-rec.     | Exercise   |                                     |  |   |  |
|              | 6.00 PM         |              | Dinner (offline)   |                                     |  |   |  |
|              | 7.30 PM         | live US MC   | PV practice songs and brief introduction (with live US MC) |                                     |  |   |  |
|              | 7.45 PM         | Recorded     | Dharma Talk  | Live interview with Sr Chan Khong   | Panel sharing on global ethics                         | live Q & A in the US                              | Dharma talk  |

*This schedule is subject to small changes*

Note: Orange highlighted color means teaching live session and grey is recorded sessions.