<table>
<tr><th></th><th>Friday</th><th>Saturday</th><th>Sunday</th><th>Monday</th><th>Tuesday</th><th>Wednesday</th><th>Thursday</th></tr>
<tr><td>6:00</td><td rowspan="9">Arrival

Day</td><td rowspan="2">Resting</td><td>Wake up</td><td rowspan="2">Lazy day</td><td colspan="3">Wake up</td></tr>
<tr><td>7:00</td><td>Sitting meditation</td><td colspan="3">Sitting meditation</td></tr>
<tr><td>8:00</td><td>Breakfast</td><td colspan="5">Breakfast</td></tr>
<tr><td>9:30</td><td>Orientation</td><td>Dharma Talk online</td><td rowspan="2">Lazy day</td><td colspan="2">Personal time</td><td>Dharma talk offline</td></tr>
<tr><td>11:30</td><td colspan="2">Walking Med</td><td colspan="3">Walking Med</td></tr>
<tr><td>12:30</td><td>Lunch</td><td colspan="5">Lunch</td></tr>
<tr><td>15:30</td><td colspan="2">Personal time</td><td>Lazy day</td><td>Personal time</td><td>Dharma sharing</td><td>Personal time</td></tr>
<tr><td>18:00</td><td colspan="6">Dinner</td></tr>
<tr><td>20:00</td><td colspan="6">Sitting meditation</td></tr>
<tr><td>21:00</td><td></td><td colspan="6">Noble silence</td></tr>
</table>