



Online New Year's Retreat

This is a schedule for European and African time Zones (CEST, Paris time)

	Wednesday 29/12/2021	Thursday 12/30/2021	Friday 12/31/2021	Saturday 01/01/2022	Sunday 01/02/2022	
6:45		Mindful Exercise (Broadcast)	Mindful Exercise (Broadcast)	Lazy Morning	Mindful Exercise (Broadcast)	
7:30		Guided Sitting Meditation & Sutra reading	Guided Sitting Meditation & Sutra reading		Guided Sitting Meditation & Sutra reading	
8:15		Breakfast (offline)		8:00 - Optional Guided Sitting Meditation	Breakfast (offline)	
9:30		Chanting & Dharma Talk <i>"Home, a journey inward"</i>	Workshops	Breakfast (offline)	Chanting & Dharma Talk <i>"New Year, New Me"</i>	
11:30		Walking Meditation (offline)		10:30 Questions & Answers	Walking Meditation (offline)	
12:30		Lunch (offline)				
14:00		Total Relaxation	Resting time		Total Relaxation	Total Relaxation
15:30		16:00 - 18:30 Connection testing	Dharma Sharing (in small groups)	15:00 Avalokita chanting & Dharma Talk <i>"Our Deepest Aspiration"</i>	Dharma Sharing (in small groups)	Dharma Sharing (in small groups)
18:30						
20:00		19:45 Singing & Orientation	Guided Sitting Meditation & Sutra reading	Free time to write an aspiration letter	Guided Sitting Meditation & Sutra reading	Guided Sitting Meditation & Sutra reading
21:00	<i>Sleep well</i>	Big bell chanting (Broadcast)	Big bell chanting (Broadcast)		Big bell chanting (Broadcast)	
23:30		<i>Sleep well</i>	Prepare to Welcome New Year Eve	<i>Sleep well</i>	<i>Sleep well</i>	