

Schedule online EU/ Africa - Earth Retreat June 2023

This schedule is for European and African time zones (CEST, Paris time, UTC +2)									
CEST	UK time		Friday 16	Saturday 17	Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22 LH
Paris, UTC +2	UTC +1		Arrival day			LAZY DAY			
6:30 AM	5:30 AM	live from PV		guided Sitting med + Love letter to the Earth	silent sitting + Love letter to the Earth		guided Sitting med + Love letter to the Earth	Beginning anew with Mother Earth ceremony	Silent sitting
7:00 AM	6:00 AM			<i>Exercise (rec.)</i>	<i>Exercise (rec.)</i>		<i>Exercise (rec.)</i>	<i>Exercise (rec.)</i>	<i>Exercise (rec.)</i>
7:30 AM	6:30 AM			<i>Breakfast offline</i>	<i>Breakfast offline</i>	<i>Breakfast offline</i>	<i>Breakfast offline</i>	<i>Breakfast offline</i>	<i>Breakfast offline</i>
9:30 AM	8:30 AM	live from PV		Live Dharma Talk	Live Dharma Talk	<i>Lazy morning</i>	Live Dharma Talk	Q&A	Live Dharma Talk
11:30 AM	10:30 AM			<i>Walking meditation offline</i>					
12:30 PM	11:30 AM			<i>Lunch offline</i>					
2:00 PM	1:00 PM			Total relaxation	Total relaxation		Total relaxation	Total relaxation	15:00 5 MT Transmission
3:00 PM - 4:30 PM	2:00 PM - 3:30 PM	live		Dharma sharing	Dharma sharing	Panel sharing "Activism & Spirituality" - The Ethics of the 5-14MT	Panel sharing	Dharma sharing	16:00 Dharma sharing
6:00 PM	5:00 PM			<i>Dinner/ Affinity groups</i>	<i>Dinner together in silence</i>	<i>Dinner/ Affinity groups</i>	<i>Dinner / Open tea table</i>	<i>Dinner/ Affinity groups</i>	
8:00 PM	7:00 PM	live from PV & EHC	Total relaxation & short orientation	Guided sitting meditation and reading	ONLINE TEAM Workshops	silent sitting	multi-traditional Solstice celebration	ONLINE TEAM Workshops	Closing session: Celebrating our diversity and inclusiveness
At end of each evening panel/ workshop sitting for 10 minutes									
<i>Please note: This schedule might be subject to changes.</i>									