

Schedule

Vipassana retreat 13th -22th August 2021
with Ven. Lobsang Zopa

Friday 13th

19:00 Presentation of the retreat

Saturday 14th – Saturday 21st

05:30	Waking up
06:00 – 07:00	Motivation, prayers, meditation
07:30 – 09:00	Breakfast
09:00 – 09:20	Walking Meditation
09:20 – 10:00	Sitting meditation
10:00 – 10:20	Walking meditation
11:00 – 11:30	Tea break
11:30 - 11:50	Walking meditation
11:50 - 12:30	Sitting meditation
12:30 - 15:00	Lunch and karma yoga
15:00 - 15:20	Walking meditation
15:20 - 16:00	Sitting meditation
16:00 - 16:20	Walking meditation
16:20 - 17:00	Sitting meditation
17:00 - 17:30	Tea break
17:30 - 18:15	Sitting meditation
18:15 - 19:30	Dinner
19:30 - 20:30	Teachings
20:30 - 21:00	Meditation and dedication

Sunday 22nd

Same schedule as above, but last session is 11:50 -12:30