

PROGRAM: (Canary Islands Time) - Western European Summer Time (WEST), UTC +1

Friday 2.04.2021:

17: 45h - Connection to Zoom + technical checks of the platform

18: 00h - Welcome and Instructions

18: 30h - Sitting Meditation + Walking

20: 30h - DINNER

Saturday 3 to Thursday 8.04.2021:

7: 00h - Sitting and Walking Meditation

8:30h - BREAKFAST

(Conscious Rest)

10: 00h - Chi Kung (with Lurdes Lasa)

11: 00h - Sitting Meditation

12: 00h - Walking Meditation

12: 30h - Seated Meditation

13: 30h - LUNCH

(Conscious Rest)

15: 30h - Seated Meditation

16: 30h - Dharma Study

17: 45h - Yoga (with Isa Markalain)

18: 30h. - Seated Meditation

19: 30h - DINNER

(Conscious Rest)

20: 45h - Sing mantras

21: 15h - Seated Meditation

22: 00h - END

Friday 9.04.2021:

7: 00h - Sitting and Walking Meditation

8:30h - BREAKFAST

10: 00h - Chi Kung (with Lurdes Lasa)

11: 00h - Mettâ Guided Meditation (unconditional love)

12: 00h - Comments and questions

13: 00h - END