

PROGRAM: (California)

Pacific Daylight Time (North America) - PDT

Friday 2.04.2021:

- 9: 45h** - Connection to Zoom + technical checks of the platform
- 10: 00h** - Welcome and Instructions
- 10: 30h** - Sitting Meditation + Walking
- 12: 30h** - Finish

Saturday 3 to Thursday 8.04.2021:

23: 00h - Sitting and Walking Meditation

00:30h - BREAK

(Conscious Rest)

02: 00h - Chi Kung (with Lurdes Lasa)

03: 00h - Sitting Meditation

04: 00h - Walking Meditation

04: 30h - Seated Meditation

05: 30h - BREAK

(Conscious Rest)

07: 30h - Seated Meditation

08: 30h - Dharma Study

09: 45h - Yoga (with Isa Markalain)

10: 30h. - Seated Meditation

11: 30h - BREAK

(Conscious Rest)

12: 45h - Sing mantras

13: 15h - Seated Meditation

14: 00h - END

Friday 9.04.2021:

23: 00h - Sitting and Walking Meditation

00:30h - BREAK

01: 00h - Chi Kung (with Lurdes Lasa)

02: 00h - Mettâ Guided Meditation (unconditional love)

03: 00h - Comments and questions

04: 00h - END