

PROGRAM: (Delhi / +4h:30min)

Universal Time Coordinated - GMT / UTC

Friday 2.04.2021:

22: 15h - Connection to Zoom + technical checks of the platform

22: 30h - Welcome and Instructions

23: 00h - Sitting Meditation + Walking

01: 30h - **END**

Saturday 3 to Thursday 8.04.2021:

11:30h - Sitting and Walking Meditation

13:00h - **BREAK**

(Conscious Rest)

14: 30h - Chi Kung (with Lurdes Lasa)

15: 30h - Sitting Meditation

16: 30h - Walking Meditation

17: 00h - Seated Meditation

18: 00h - **BREAK**

(Conscious Rest)

20: 00h - Seated Meditation

21: 00h - Dharma Study

22: 15h - Yoga (with Isa Markalain)

23:00h. - Seated Meditation

00:00h - **BREAK**

(Conscious Rest)

01:15h - Sing mantras

01:45h - Seated Meditation

02:30h - **END**

Friday 9.04.2021:

11:30h - Sitting and Walking Meditation

13:00h - **BREAK**

14: 30h - Chi Kung (with Lurdes Lasa)

15: 30h- Mettâ Guided Meditation (unconditional love)

16: 30h - Comments and questions

17: 30h - **END**