

Meditation Retreat with Dhiravamsa - 7 days

Theme of the retreat: "The Fertile Void"

Dates: from April 2 to 9, 2021

START: Friday, April 2 at 6:45 p.m.

END: Friday, April 9 at 2 p.m.

200€



www.dhiravamsa.com

ONLINE - Zoom (video conference)

(Spanish + English)



PROGRAM: Central European Summer Time (CEST), UTC +2

Friday 2.04.2021:

18: 45h - Connection to Zoom + technical checks of the platform

19: 00h - Welcome and Instructions

19: 30h - Sitting Meditation + Walking

21: 30h - DINNER

Saturday 3 to Thursday 8.04.2021:

8: 00h - Sitting and Walking Meditation

9:30h - BREAKFAST

(Conscious Rest)

11: 00h - Chi Kung (with Lurdes Lasa)

12: 00h - Sitting Meditation

13: 00h - Walking Meditation

13: 30h - Seated Meditation

14: 30h - LUNCH

(Conscious Rest)

16: 30h - Seated Meditation

17: 30h - Dharma Study

18: 45h - Yoga (with Isa Markalain)

19: 30h. - Seated Meditation

20: 30h - DINNER

(Conscious Rest)

21: 45h - Sing mantras

22: 15h - Seated Meditation

23: 00h - END

Friday 9.04.2021:

8: 00h - Sitting and Walking Meditation

9:30h - BREAKFAST

11: 00h - Chi Kung (with Lurdes Lasa)

12: 00h - Mettâ Guided Meditation (unconditional love)

13: 00h - Comments and questions

14: 00h - END

Steps to follow to participate:

REGISTRATION OPEN UNTIL THURSDAY, APRIL 1 AT 8:00 p.m.

1. To register it is necessary to make a deposit of € 200 in the bank account attached below and send the receipt to: **info@dhiravamsa.com**, along with your information name, surname and email.

BBVA BANK

Owner: Janine Harms

IBAN / Account Number: ES63 0182 9465 6202 0550 4783

Concept: "Your Name and Surname + Online Retreat April"

TOTAL: € 200

2. Once the deposit is received, you will receive in your email the meeting number and the zoom password to be able to access the meeting. They will be the same for the seven days (April 2, 3, 4, 5, 6, 7, 8 and 9, 2021).

3. You need to be registered and familiar with Zoom. It is recommended to have the application downloaded in your computer with all the updates up to date. It is asked to avoid nicknames in order to identify who is connected to the meeting.

Thank you very much for supporting us in these uncertain days when more than ever we need to cultivate light, love and compassion both towards ourselves and towards others.

Contact Me for more information:

Janine Jutima

Tel. + Whatsapp: (+34) 622.88.75.28

E-mail: info@dhiravamsa.com

**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