

Daily Retreat Schedule

Inner Rhythm of Being 2024



6.00	Wake-up bell
6:15	Yoga or Exercise (Individual practice)
7.00	Sitting Meditation
7:45	Breakfast & Work period
09:15	Daily instructions, guided meditation and Q&A regarding practice
10:15	Walking meditation (30mins)
10:45	Somatic Practices
12:00	Sitting Meditation (30 mins)
12.30	Lunch & Clean Up
	Rest
2:00	Open Dharma Inquiry
3:00	Walking meditation (30mins)
3:30	Sitting Meditation (30 Mins)
4:00	Mindful Movement practice (60 mins)
5:00	Evening meal & Clean Up
	Rest
6:30	Sitting Meditation (30 mins) Short break
7.10	Dharma Talk
8.00	Standing or Walking meditation (15 mins)
8:15	Sitting Meditation and/or guided relaxation, poetry...
9.00	Rest