

The Inner Rhythm of Being

Daily Retreat Schedule



- 6.15** Wake-up bell
- 6.30** Yoga or Exercise (Individual practice)
- 7.15** Sitting Meditation (45 mins)
- 8.00** Breakfast & Work period

- 9.30** Daily instructions, guided meditation and Q&A regarding practice
- 10.30** Walking meditation (30 mins)
- 11.00** Sitting Meditation (45 mins)
- 11.45** Somatic Practices (60 min)
- 12.45** Lunch & Clean Up

Rest

- 2.15** Open Dharma Inquiry
- 3.00** Walking meditation (30mins)
- 3.30** Sitting Meditation (45mins)
- 4.15** Mindful Movement (45min)
- 5.15** Sitting meditation (30mins)
- 5.45** Evening meal & Clean Up

Rest

- 7.15** Sitting Meditation (30 mins) 5min Short break
- 7.50** Dharma Talk
- 8.30** Stretch break (10 mins)
- 8.40** Evening program guided relaxation, poetry, music, meditation...
- 9.00** Rest