

Planning - MHB Coherence

Contents & meaning

	18-mars	19-mars	20-mars
0700-0800		(Silent Meditation)	(Silent Meditation)
0800-0900		Breakfast	Breakfast
0900-1000	Arrival & check-in	Free	Free
1000-1130	Heart Coherence 1	Heart Coherence 2	Heart Coherence 3
1200-1300	Lunch	Lunch	Lunch
1300-1400	Free/Karma Yoga	Free/Karma Yoga	Free/Karma Yoga
1400-1530	Meditation 1	Meditation 2	Meditation 3
1530-1630	Tea time	Tea time	Check-out & departure
1630-1730	Yoga 1	Yoga 2	
1800-1900	(Pudja)	(Pudja)	
1900-2000	Dinner	Dinner	
2000-0700	Free	Free	

Heart Coherence - Frédéric Coppieters (Big Temple)

Meditation - Lama Zeupa (Big Temple)

Yoga - Karma Chookela/Charlotte (Big Temple)

Heart Coherence 1: the science of the heart

Heart Coherence 2: the science of emotions

Heart Coherence 3: social & global coherence

Meditation 1: calm abiding meditation

Meditation 2: introduction to analytic meditation

Meditation 3: loving-kindness & compassion

Yoga 1: opening of the heart (yin yoga)

Yoga 2: mind-body balance (yin yoga)