

MIND-HEART-BODY Coherence		
FRIDAY	SATURDAY	SUNDAY
11-nov	12-nov	13-nov
7h Green Tara Pudja	7h Silent meditation	7h Silent meditation
8h Breakfast	8h Breakfast	8h Breakfast
9h Arrival & Check-in	9h Free	9h Free
10h Calm abiding meditation	10h HC : The science of the heart	10h HC : The Science of connection
12h Lunch	12h Lunch	12h Lunch
13h A little help (dishwashing, cleaning tables ...)	13h A little help (dishwashing, cleaning tables ...)	13u A big help (tidying up & cleaning rooms & bathrooms)
14h Intro to analytic meditation	14h30 HC : The science of emotions	14u30 Loving kindness & compassion
15h30 Tea time	15h30 Tea time	15h30 Tea time, check out & departure
16h30 Yoga	16h30 Yoga	
18h Pudja Mahakala & Chenrezig	18h Pudja Mahakala & Chenrezig	
19h Dinner	19h Dinner	
22h Closing up		