

MIND-HEART-BODY Coherence									
SATURDAY			SUNDAY			MONDAY			
27-mai			28-mai			29-mai			
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	Heart Coherence 1		10h	Heart Coherence 2		10h	Heart Coherence 3		
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	Meditation 1		14h	Meditation 1		14h	Meditation 1		
15h30	Tea time		15h30	Tea time		15h30	Tea time, check out & departure		
16h30	Yoga 1		16h30	Yoga 2					
18h	Pudja Mahakala & Chenrezig		18h	Pudja Mahakala & Chenrezig					
19h	Dinner		19h	Dinner					
20h	Biofeedback		20h	Heart Meditation					
22h Closing up									

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