

Program



	Day 1 (29/9)	Day 2 (30/9)	Day 3 (1/10)
0700-0800		<u>Silent Meditation</u>	<u>Silent Meditation</u>
0800-0900		Breakfast	Breakfast
0900-1000	<u>Arrival & check-in</u>	Free	Free
1000-1130	<u>Heart Coherence 1</u>	<u>Heart Coherence 2</u>	<u>Heart Coherence 3</u>
1200-1300	Lunch	Lunch	Lunch
1300-1400	Free/Help	Free/Help	Free/Help
1400-1530	<u>Meditation 1</u>	<u>Meditation 2</u>	<u>Meditation 3</u>
1530-1630	Tea time	Tea time	<u>Check-out & departure</u>
1630-1730	Yoga 1	Yoga 2	
1800-1900	<u>Chenrezig</u>	<u>Chenrezig</u>	
1900-2000	<u>Dinner</u>	<u>Dinner</u>	
2000-2100	<u>Milarepa</u>	<u>Guided Meditation</u>	

