



SILENT MEDITATION RETREAT WITH LAMA ZEUPA & PROF. STEVEN LAUREYS



SCIENCE MEETS EXPERIENCE

Friday	Saturday	Sunday
	07h00 SILENT MEDITATION with Lama Zeupa	07h00 SILENT MEDITATION with Lama Zeupa
09h00 Be welcome! - Bienvenue! - Wees welkom!	08h00 Breakfast - Petit déjeuner - Ontbijt	08h00 Breakfast - Petit déjeuner - Ontbijt
10h00 Introduction with Prof. Steven Laureys, Lama Zeupa and Karma	10h00 SILENT MEDITATION with Lama Zeupa	10h00 SILENT MEDITATION with Lama Zeupa
12h00 Lunch	12h00 Lunch	12h00 Lunch
13h00 Silent walk - Balade silencieuse -Stille wandeling	13h00 Silent walk - Balade silencieuse -Stille wandeling	13h00 Tidy up your room/studio and hand over the key
14h30 TEACHING & PRACTICE OF MEDITATION with Lama Zeupa	14h30 SILENT MEDITATION with Lama Zeupa	14h30 SILENT MEDITATION & CLOSURE with Lama Zeupa and Prof Steven Laureys
16h00 Healthy break	16h00 Healthy break	16h00 Healthy break & Feed Back
16:30 YOGA with Karma Chookela	16:30 YOGA with Karma Chookela	16h30 Goodbye and see you soon
18h00 Pudja Mahakala Chenrezig	18h00 Pudja Mahakala Chenrezig	
19h00 Supper - Repas du soir - Avondmaal	19h00 Supper - Repas du soir - Avondmaal	
20h00 SILENT MEDITATION with Lama Zeupa	20h00 SILENT MEDITATION with Lama Zeupa	
22h00 Good Night ! Bonne nuit! Slaap zacht!	22h00 Good Night ! Bonne nuit! Slaap zacht!	

