



SILENT MEDITATION RETREAT with LAMA ZEUPA & PROF. STEVEN LAUREYS



WHEN SCIENCE MEETS EXPERIENCE

FRIDAY	SATURDAY	SUNDAY
	07:00 Silent meditation with Lama Zeupa	07:00 Silent meditation with Lama Zeupa
09:00 Be welcome and get settled!	08:00 Petit Déjeuner - Ontbijt	08:00 Petit Déjeuner - Ontbijt
10:00 Introduction with Prof. Steven Laureys and Lama Zeupa	10:00 Silent meditation with Lama Zeupa	10:00 Silent meditation with Lama Zeupa
12:00 Lunch	12:00 Lunch	12:00 Lunch
12:45 A little help is always welcome!	12:45 A little help is always welcome!	12:30 A big help is more than welcome! Rooms-showers-toilets as clean as possible. Volunteers will be grateful to you! Return room keys please!
13:30 Silent walk with Prof. Steven Laureys	13:30 Silent walk with Prof. Steven Laureys	
15:00 Teaching and practice of Meditation with Lama Zeupa	15:00 Silent meditation with Lama Zeupa	14:30 Silent meditation and closure with Lama Zeupa & Prof. Steven Laureys. Last questions - book signing
16:30 Healthy break	16:30 Healthy break	
17:00 Qi-Gong with Frédérick Coppieters	17:00 Qi-Gong with Frédérick Coppieters	16:30 Healthy break before returning home
18:00 Mahakala - Chenrezig pudja	18:00 Mahakala - Chenrezig pudja	17:00 Thank you and return safe home!
19:00 Repas du soir - Avondmaal	19:00 Repas du soir - Avondmaal	
20:00 Silent meditation with Lama Zeupa	20:00 Silent meditation with Lama Zeupa	
22:00 Fermeture des portes - Sluiten van de deuren		