



BRING RESILIENCE AND BALANCE IN YOUR LIFE - LAMA ZEUPA, ANNELIES DE ZAEYTIJ EN BIRGIT VERSPEEK - 24/04 - 27/04

THURSDAY 24/4/2024	FRIDAY: LET THE SAND SETTLE in touch with the here and now 25/4/2024	SATERDAY: ACCEPTANCE resilience 26/4/2024	& SUNDAY: BRING YOUR LIFE IN BALANCE selfceare 27/4/2024
	08:00 BREAKFAST	07:00 SILENT MEDITATION with Lama Zeupa	07:00 SILENT MEDITATION with Lama Zeupa
	9u-9.45u GUIDED TOUR with Annelies	08:00 SILENT BREAKFAST	08:00 BREAKFAST
	10u-11.30u TEACHING & PRACTICE with Lama Zeupa	10u-11.30u TEACHING & PRACTICE with Lama Zeupa	10u-12u MIND TRAINING with Annelies en Birgit
	11.30u REFLECTION AND SHARING with Annelies en Birgit	11.30u REFLECTION AND SHARING with Annelies en Birgit	
	12:00 MEAL	12:00 SILENT MEAL	12:00 MEAL
	12:45 HELP with dishes and dining room Thank you	12:45 HELP with dishes and dining room Thank you	12:45 HELP with dishes and dining room Thank you
	13:30 SILENT WALK	13:30 SILENT WALK	CLEANING ROOM, SHOWER, WC, BRING IN THE KEYS
		BREAK THE SILENCE	
	15u-16u MIND TRAINING with Annelies en Birgit	15u-16u MIND TRAINING with Annelies en Birgit	14.00-15.30u WRAP UP with Annelies en Birgit
	16:00 Coffee and tea break	16:00 Coffee and tea break	16:00 Coffee and tea break
17-19u Be welcome and make yourself at home! Welcoming by Annelies en Birgit	16.30-17.30 MIND TRAINING with Annelies en Birgit	16.30-17.30 MIND TRAINING with Annelies en Birgit	
19:00 EVENING MEAL	19:00 EVENING MEAL	19:00 EVENING MEAL	
20u-21.15 KENNISMAKING met Annelies en Birgit	20u-21.15 HEARTFULNESS with Annelies en Birgit	20u-21.15 HEARTFULNESS with Annelies en Birgit	
	START SILENCE		
22:00	CLOSING OF THE DOORS		