



MIND-HEART-BODY Coherence with Lama Zeupa, Lama Tashi Nyima, Frédéric Coppieters & Karma Chookela

DAY 1		DAY 2		DAY 3	
		07:00	Silent meditation	07:00	Silent meditation with Lama Zeupa
08:00	(Petit Déjeuner - Ontbijt)	08:00	Petit Déjeuner - Ontbijt	08:00	Petit Déjeuner - Ontbijt
09:00	Arrival & Room check-in	09:30	Tai-Chi Coherence (FC)	09:30	Tai-Chi Coherence (FC)
10:00	Heart Coherence 1 (FC)	10:15	Heart Coherence 2 (FC)	10:15	Heart Coherence 3 (FC)
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!
14:00	Mindfulness 1 (LZ)	14:00	Mindfulness 2 (LZ)	Rooms-showers-toilets as clean as possible. Volunteers will be grateful to you! Return room keys please!	
15:30	Healty break	15:30	Healthy break		14:30 Mindfulness 3 (LZ)
16:00	Yin Yoga (KC)	16:00	Yin Yoga (KC)	16:00	End of program
18:00	Mahakala - Chenrezig pudja	18:00	Mahakala - Chenrezig pudja		
19:00	Repas du soir - Avondmaal	19:00	Repas du soir - Avondmaal		
20:00	Mindfulness practice (LZ/FC)	20:00	Mindfulness practice (LZ/FC)		
22:00 Fermeture des portes - Sluiten van de deuren					