Online Vipassana retreat 04*>*06 November, 2022.

# Less intensive Schedule

Participants will receive daily an email inviting them to join a zoom meeting. No need to download zoom. Only needed a laptop, preferably with webcam, or a tablet or a smartphone. Blue letters indicate an online activity with some of the teachers. The participants are encouraged, to leave their zoom meeting open, for feeling together during sitting. Organizer Gaia: +39.340 953 9742

Notes: [Instructions and Theory](https://www.cs.ru.nl/~henk/Dhamma.pdf)

Reader: Nyanaponika Thera, [The heart of Buddhist Meditation](https://terebess.hu/keletkultinfo/the_heart_of_buddhist_meditation.pdf).

# Firday 04.11.2022

|  |  |
| --- | --- |
| 18:00 | Introductory Dhamma Talk |
| 19:00 | *Cooking & Dinner* |
| 20:30 | Dhamma talk |
| 21:30 | Metta practice |
| 21:45 | Resting or meditation |
| 22:30 | Resting |

**Saturday 05.11.2022**

|  |  |
| --- | --- |
| 07:15 | *Breakfast* |
| 08:00 | Instruction |
| 09:00 | Walking |
| 09:45 | Sitting |
| 10:30 | *Tea/Coffee* |
| 10:45 | Walking |
| 11:30 | Sitting |
| 12:15 | *Lunch* |

|  |  |
| --- | --- |
| 14:30 | Questions & Answers |
| 15:30 | Sitting |
| 16:15 | Walking |
| 17:00 | *Tea* (optional) |
| 17:15 | Sitting |
| 18:00 | *Cooking & Dinner* |
| 20:30 | Dhamma talk |
| 21:30 | Metta practice |
| 21:45 | Resting or meditation |

**Sunday 06.11.2022**

|  |  |
| --- | --- |
| 07:30 | *Breakfast* |
| 08:00 | Instruction |
| 09:00 | Walking |
| 09:45 | Sitting |
| 10:30 | *Tea/Coffee* |
| 10:45 | Walking |
| 11:30 | Sitting |
| 12:00 | Questions & Answers |
| 13:00 | *Lunch* |

|  |  |
| --- | --- |
| 14:30 | Walking |
| 15:15 | Sitting |
| 16:00 | *Tea* (optional) |
| 16:15 | Walking |
| 17:00 | Sitting |
| 17:45 | Dhamma talk |
| 19:00 | Closure |

In urgent cases send SMS to Henk +31.6.26488169 or Mirjam +31.6.19918363.

Online Vipassana retreat, 04 *>* 06 November, 2022.

# More intensive program

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# Friday 04.11.2022

|  |  |
| --- | --- |
| 18:00 | Introductory Dhamma Talk |
| 19:00 | *Cooking & Dinner* |
| 20:30 | Dhamma talk |
| 21:30 | Metta practice |
| 21:45 | Sitting meditation |
| 22:30 | Resting |

**Saturday 05.11.2022**

|  |  |
| --- | --- |
| 06:00 | Sitting |
| 06:45 | Walking |
| 07:15 | *Breakfast* |
| 08:00 | Instruction |
| 09:00 | Walking |
| 09:45 | Sitting |
| 10:30 | *Tea/Coffee* |
| 10:45 | Walking |
| 11:30 | Sitting |
| 12:15 | *Lunch* |

|  |  |
| --- | --- |
| 14:30 | Questions & Answers |
| 15:30 | Sitting |
| 16:15 | Walking |
| 17:00 | *Tea* (optional) |
| 17:15 | Sitting |
| 18:00 | *Cooking & Dinner* |
| 20:30 | Dhamma talk |
| 21:30 | Metta practice |
| 21:45 | Sitting |
| 22:30 | Resting |

**Sunday 06.11.2022**

|  |  |
| --- | --- |
| 06:00 | Sitting |
| 06:45 | Walking |
| 07:15 | *Breakfast* |
| 08:00 | Instruction |
| 09:00 | Walking |
| 09:45 | Sitting |
| 10:30 | *Tea/Coffee* |
| 10:45 | Walking |
| 11:30 | Sitting |
| 12:00 | Questions & Answers |
| 13:00 | *Lunch* |

|  |  |
| --- | --- |
| 14:30 | Walking |
| 15:15 | Sitting |
| 16:00 | *Tea* (optional) |
| 16:15 | Walking |
| 17:00 | Sitting |
| 17:45 | Dhamma talk |
| 19:00 | Closure |

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