

Online Vipassana retreat 08 – 10 October, 2021.

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

Reader: Nyanaponika Thera, The heart of Buddhist Meditation.

Friday

18:00	Introductory Dhamma Talk
19:00	<i>Cooking & Dinner</i>
20:30	Dhamma talk
21:30	Metta practice
21:45	Resting or meditation
22:30	Resting

Saturday

07:15	<i>Breakfast</i>	14:30	Questions & Answers
08:00	Instruction	15:30	Sitting
09:00	Walking	16:15	Walking
09:45	Sitting	17:00	<i>Tea</i> (optional)
10:30	<i>Tea/Coffee</i>	17:15	Sitting
10:45	Walking	18:00	<i>Cooking & Dinner</i>
11:30	Sitting	20:30	Dhamma talk
12:15	<i>Lunch</i>	21:30	Metta practice
		21:45	Resting or meditation

Sunday

07:30	<i>Breakfast</i>	14:30	Walking
08:00	Instruction	15:15	Sitting
09:00	Walking	16:00	<i>Tea</i> (optional)
09:45	Sitting	16:15	Walking
10:30	<i>Tea/Coffee</i>	17:00	Sitting
10:45	Walking	17:45	Dhamma talk
11:30	Sitting	19:00	Closure
12:00	Questions & Answers		
13:00	<i>Lunch</i>		

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

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Friday

18:00	Introductory Dhamma Talk
19:00	<i>Cooking & Dinner</i>
20:30	Dhamma talk
21:30	Metta practice
21:45	Sitting meditation
22:30	Resting

Saturday

06:00	Sitting	14:30	Questions & Answers
06:45	Walking	15:30	Sitting
07:15	<i>Breakfast</i>	16:15	Walking
08:00	Instruction	17:00	<i>Tea (optional)</i>
09:00	Walking	17:15	Sitting
09:45	Sitting	18:00	<i>Cooking & Dinner</i>
10:30	<i>Tea/Coffee</i>	20:30	Dhamma talk
10:45	Walking	21:30	Metta practice
11:30	Sitting	21:45	Sitting
12:15	<i>Lunch</i>	22:30	Resting

Sunday

06:00	Sitting	14:30	Walking
06:45	Walking	15:15	Sitting
07:15	<i>Breakfast</i>	16:00	<i>Tea (optional)</i>
08:00	Instruction	16:15	Walking
09:00	Walking	17:00	Sitting
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