

Retreat Schedule MC Brigitte Javorie 25 -29.5.2018

friday, 25.5.2018

18:30h evening meal

19h introduction

saturday, 26.5. to monday, 28.5.2018

6:00h morning sitting meditation in silence

7:30h breakfast

9:00h -11:00h meditation

11:30h lunch followed by some rest

14:00h-15:30h meditation

15:30h pause

16:00h - 17:30h meditation

17:30h break

19:00h evening session with questions & answers

tuesday, 29.5.2018

6:00h morning sitting meditation in silence

7:30h breakfast

9:00h -11:00h meditation last meditation session with one more possibility to ask questions, dana – doing offering, blessing

11:30h lunch after lunch the retreat is completed