

Retreat with MC Brigitte on Mallorca Island

Friday 16.3. to Sunday 18.3.2018

Friday 16.3.2018

19h-21h Introduction, Dhamma talk, Meditation

Saturday 17.3.2018

9h-11h Meditation and Instructions

11h lunch & Pausa

14:30h - 16h Meditation

16h-16:30h Pausa

16:30h-18h Meditation (walking, sitting, standing, lying)

Sunday 18.6.2018

9h-11h Meditation and Instructions

11h lunch & Pausa

14:30h-16h Meditation (walking, sitting, standing, lying)

End of the Retreat approximately 16h