

monthly retreat schedule

arrival day

arrive before 16h receive accomodation & change to white clothes

17.00h - 18.00h evening chanting

18.30h receive the 8precepts and a short welcome talk from the abbot, first instructions by mc brigitte

20.00h - 21.00h night chanting

2 - 6 day of the retreat

04.30h - 05.30h morning chanting and meditation with the monks

tea and coffee

06.00h - 07.30h working meditation

07.30h breakfast

09.00h - 09:45h walking meditation

10.00h - 10.30h guided meditation

10.30h offering lunch to the sangha and mindfully eating

12.00h - 14.00h midday break

14.00h - 14.45h walking meditation

15.00h - 16.00h afternoon working meditation

16.00h - 17.00h break

17.00h - 18.00h evening chanting and meditation with the monks

18.30h - 19.50h evening teaching and guided meditation

20.00h - 21.00h night chanting

7th day of the retreat

04.30h - 05.30h morning chanting and meditation with the monks

06.00h - 07.30h working meditation

07.30h breakfast

09.00h we meet at the chanting hall, the abbot gives the 5 precepts and a short departure talk.

after the abbot's talk you can give donations for the temple to him (for food, electricity, water, maintenance)

10.00h we free living fish in the canal nearby

11.00h lunch - after lunch the retreat is completed.

donations for the teacher can be given on 6th day of the retreat at the evening session 18:30h