

the retreat takes place at nguyen khong nunnery, duc trong, da lat, vietnam
contact: ms. my nguyen - email: mynguyen@funet.vn

schedule retreat nguyen khong nunnery da lat vietnam
september 23, - october 1, 2017

23.9:

18h introduction & guided meditation

24.9. - 30.9:

7h-8h morning meditation quietly sitting

8h breakfast

9:30h -11h guided meditation (walking, sitting, lying, standing)

11:30h lunch & rest

14h-15:30h guided meditation (walking, sitting, lying, standing)

break & afternoon drinks

17h-19h evening session with questions & answers

1.10:

7h-8h morning meditation quietly sitting

8h breakfast

9:30h -11h guided meditation (walking, sitting, lying, standing) last possibility
for questions and answers

11:30h lunch

end of retreat

if possible participants should keep 8 precepts