

The retreat takes place at



Nguyen Khong Nunnery, Duc Trong, Da Lat, Vietnam



contact: ms. my nguyen - email: mynguyen@funet.vn

schedule retreat vietnam 16 - 24 of september 2017

1 day 16.9:

start in the evening i guess:

18h introduction guided meditation

2 - 7 day 17.9 until 23.9:

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

8 day 24.9:

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

if possible participants should keep the [8 precepts](#)