

SCHEDULE

SUNDAY - JULY 25

- 18.00 - 18.30 Dinner (informal, in the Dharma room)
19.30 - 21.00 **Beginning Circle** - introducing each other & the upcoming event
Meditation (30 minutes)
21.00 - 21.30 **Good-night Pranayama** (Anat Zahor)

MONDAY - JULY 26

- 05.00 Wake up
05.30 **Morning practice** (108 bows, chanting, 40 minutes meditation)
07.30 - 08.00 Breakfast (informal, in the Dharma room)
08.00 - 09.00 Work period (helping in the kitchen, garden, cleaning etc.)
09.30 - 09.50 **Meditation** (20 minutes)
10.00 - 11.30 **Iyengar Yoga class** (with Anat Zahor)
11.40 - 11.55 **Rice Offering Ceremony**
12.00 - 12.30 Lunch (informal, in the Dharma room)
12.30 - 14.30 Break
14.30 - 17.30 **Workshop on Team-Work** (with Arne & Irmi)
18.00 - 18.30 Dinner (informal, in the Dharma room)
19.30 - 21.00 **Evening practice** (chanting, 30 minutes meditation)
21.00 - 21.30 **Good-night Pranayama** (with Anat Zahor)

TUESDAY - JULY 27

- 05.00 Wake up
05.30 **Morning practice** (108 bows, chanting, 40 minutes meditation)
(during meditation there will be Kongan interviews with Chong An Sunim JDPS and Arne PSN)
07.30 - 08.00 Breakfast (informal, in the Dharma room)
08.00 - 09.00 Work period (helping in the kitchen, garden, cleaning etc.)
09.00 - 11.30 **Holistic Cooking Workshop** (with Avital)
11.40 - 11.55 **Rice Offering Ceremony**
12.00 - 12.30 Lunch (informal, in the Dharma room)
12.30 - 14.00 Break
14.00 - 16.00 **Individual Consulting / Coaching Interviews** (with Arne & Irmi)

16.15 - 17.45 **Iyengar Yoga class** (with Anat Zahor)
18.00 - 18.30 Dinner (informal, in the Dharma room)
19.30 - 21.00 **Evening practice** (chanting, 30 minutes meditation)
21.00 - 21.30 **Good-night Pranayama** (Anat Zahor)

WEDNESDAY - JULY 28

05.00 Wake up
05.30 **Morning practice** (108 bows, chanting, 40 minutes meditation)
07.30 - 08.00 Breakfast (informal, in the Dharma room)
08.00 - 09.00 Work period (helping in the kitchen, garden, cleaning etc.)
09.30 - 09.50 **Meditation** (20 minutes)
10.00 - 11.30 **Iyengar Yoga class** (with Anat Zahor)
11.40 - 11.55 **Rice Offering Ceremony**
12.00 - 12.30 Lunch (informal, in the Dharma room)
12.30 - 14.30 Break
14.30 - 17.30 **Workshop on Non-violent Communication** (with Arne & Irmi)
18.00 - 18.30 Dinner (informal, in the Dharma room)
19.30 - 21.00 **Evening practice** (chanting, 30 minutes meditation)
21.00 - 21.30 **Good-night Pranayama** (Anat Zahor)

THURSDAY - JULY 29

05.00 Wake up
05.30 **Morning practice** (108 bows, chanting, 40 minutes meditation)
(during meditation there will be Kongan interviews with Chong An Sunim JDPS and Arne PSN)
07.30 - 08.00 Breakfast (informal, in the Dharma room)
08.00 - 09.00 Work period (helping in the kitchen, garden, cleaning etc.)
09.00 - 11.30 **Holistic Cooking Workshop** (with Avital)
11.40 - 11.55 **Rice Offering Ceremony**
12.00 - 12.30 Lunch (informal, in the Dharma room)
12.30 - 14.00 Break
14.00 - 16.00 **Individual Consulting / Coaching Interviews** (with Arne & Irmi)
16.15 - 17.45 **Iyengar Yoga class** (with Anat Zahor)
18.00 - 18.30 Dinner (informal, in the Dharma room)
19.30 - 21.00 **Evening practice** (chanting, 30 minutes meditation)
21.00 - 21.30 **Good-night Pranayama** (Anat Zahor)

FRIDAY - JULY 30

05.00	Wake up
05.30	Morning practice (108 bows, chanting, 40 minutes meditation)
07.30 - 08.00	Breakfast (informal, in the Dharma room)
08.00 - 09.00	Work period (helping in the kitchen, garden, cleaning etc.)
09.30 - 09.50	Meditation (20 minutes)
10.00 - 11.30	Iyengar Yoga class (with Anat Zahor)
11.40 - 11.55	Rice Offering Ceremony
12.00 - 12.30	Lunch (informal, in the Dharma room)
12.30 - 14.30	Break
14.30 - 17.30	Workshop on Mindfully Based Stress-reduction (with Irmi)
18.00 - 18.30	Dinner (informal, in the Dharma room)
19.30 - 21.00	Evening practice (chanting, 30 minutes meditation)
21.00 - 21.30	Good-night Pranayama (Anat Zahor)

SATURDAY - JULY 31

05.00	Wake up
05.30	Morning practice (108 bows, chanting, 40 minutes meditation)
07.30 - 08.00	Breakfast (informal, in the Dharma room)
08.00 - 09.00	Work period (helping in the kitchen, garden, cleaning etc.)
09.30 - 09.50	Meditation (20 minutes)
10.00 - 11.30	Iyengar Yoga class (with Anat Zahor)
11.40 - 11.55	Rice Offering Ceremony
12.00 - 12.30	Lunch (informal, in the Dharma room)
13.30 - 14.30	Closing Circle
15.00 - 18.00	Walking trip to Vaskapu
18.00 - 18.30	Dinner (informal, in the Dharma room)
20.00	Party