

Program The Inner Journey – Training the Mind! – Meditation training

Monday

- 14.00-15.00 Arrival and room allocation
- 15.00-17.30 Introduction and guided tour of the monastery
- 17.30 Raw vegetable snack with hummus
- 19.00-19.30 Soup meal, in the dining hall
- 20.00 Program explanation & teaching shamatha/shinee and vipassana/lhagtong meditation + questions
- 21.00 Beginning of silence – Tea
- 22.00 Good night

Tuesday and Wednesday – Day of Silence

- 07.00 Yoga + meditation
- 08.00-08.30 Breakfast, in the dining hall
- 09.30 Walk through the forest
- 10.50 Coffee & tea break, in the dining hall
- 11.00-12.00 Shamatha meditation on the breath
- 12.00-12.30 Warm meal (vegetarian) in the dining hall, free time
- 12.30 Karma Yoga (helping with dishes, working in the garden, etc.)
- 13.00-16.00 Free time + massages
- 16.00-17.30 Shamatha meditation on the breath
- 17.30 Raw vegetable snack with hummus
- 18.00-19.00 Institute ritual, resolving obstacles / compassion
- 19.00-19.30 Soup meal in the dining hall
- 20.00-21.00 Shamatha meditation on the breath + bodyscan / yoga nidra
- 21.00 Tea
- 22.00 Good nigh

Thursday – Day of Silence

- 07.00 Yoga + meditation
- 08.00-08.30 Breakfast, in the dining hall
- 09.30 Walk through the forest
- 10.50 Coffee & tea break, in the dining hall
- 11.00-12.00 Vipassana meditation
- 12.00-12.30 Warm meal (vegetarian) in the dining hall, free time
- 12.30 Karma Yoga (helping with dishes, working in the garden, etc.)
- 13.00-16.00 Free time + massages
- 16.00-17.30 Satsang written questions + Vipassana meditation
- 17.30 Raw vegetable snack with hummus
- 18.00-19.00 Institute ritual, resolving obstacles / compassion
- 19.00-19.30 Soup meal in the dining hall
- 20.00-21.00 Vipassana meditation + bodyscan / yoga nidra
- 21.00 Tea
- 22.00 Good night

Friday – Half Day of Silence

- 07.00 Yoga + meditation
- 08.00-08.30 Breakfast, in the dining hall
- 09.00-10.00 Cleaning rooms
- 10.00-11.00 Shamatha + Vipassana meditation
- 11.00-12.00 Breaking the silence – action plan
- 12.00-12.30 Warm vegetarian lunch
- 12.30-14.00 Free time + massages + book signing (13.30)
- 14.00-15.30 Meditation, summary, sharing and connecting + Healing Sound Bowl Concert
- 15.30-16.00 Tea with treats and a safe journey home