

SCHEDULE

(Italian hour)

Friday

19:00 Meet & Greet

19:30 Guided Sitting and Walking Meditation & Metta

Saturday

06:00 Sitting

07:00 Puja & Talk

07:30 Breakfast

09:00 Sitting

09:45 Walking

10:15 Talk (only Saturday)

11:00 Walking

11:30 Sitting

12:30 Lunch

14:00 Walking

14:30 Sitting

15:15 Questions & Answers / Walking

16:00 Sitting

16:45 Walking

17:00 Sitting

17:30 Tea

18:30 Dhamma Talk

19:15 Walking

20:00 Sitting

20:45 Walking

21:00 Metta

Sunday

Same as Saturday until:

15:15 Walking

15:30 Metta

16:00 Questions & Answers

Cherish the Noble Silence!