

City Retreat: Sailing the Worldly Winds

Time	Tue (25.12.2018)	Wed (26.12.2018)	Thu (27.12.2018)	Fri (28.12.2018)	Sat (29.12.2018)	Sun (30.12.2018)	Mon (31.12.2018)	Tue (1.1.2019)
	Encountering the Worldly Winds	Worldly Winds: Gain and Loss	Worldly Winds: Status and Shame	Worldly Winds: Praise and Blame	Worldly Winds: Pleasure and Pain	Sailing the Worldly Winds	Looking Backwards	Looking Forwards
10.30 – 11.45	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
11.45 – 12.00	Silent Tea Break							
12.00 – 13.00	Meditation Hanka	Meditation X	Meditation X	Meditation X	Meditation X	Meditation X	Meditation Bodhilila	Meditation Hanka
13.00 – 14.00	Lunch (bring vegan lunch for sharing)							
14.00 – 14.30	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
14.30 – 15.30	Talk and/or Workshop	Talk and/or Workshop	Talk and/or Workshop	Talk and/or Workshop	Talk and/or Workshop	Talk and/or Workshop	Talk and/or Workshop	Talk and/or Workshop
15.30 – 16.00	Tea Break							
16.00 – 17.00	Meditation and/or Reflection Hanka	Meditation and/or Reflection X	Meditation and/or Reflection X	Meditation and/or Reflection X	Meditation and/or Reflection X	Meditation and/or Reflection X	Meditation and/or Reflection Hanka	Meditation and/or Reflection Bodhilila
17.00 – 18.00	Work Circle Hanka	Work Circle Hanka	Work Circle Hanka	Work Circle Hanka	Work Circle Hanka	Work Circle Hanka	Work Circle Hanka	Work Circle Hanka
18.00 – 19.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19.00 – 21.30	Meditation, Chanting and/or Ritual Bodhilila	Meditation, Chanting and/or Ritual Bodhilila	Meditation, Chanting and/or Ritual Bodhilila	Meditation, Chanting and/or Ritual Bodhilila	Meditation, Chanting and/or Ritual Bodhilila	Meditation, Chanting and/or Ritual Bodhilila	Meditation, Chanting and/or Ritual Hanka	Meditation, Chanting and/or Ritual Bodhilila
22.00– 00.15							Meditation, Reflection, Ritual Bodhilila	