

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)
Theme of the Day	Encountering the Worldly Winds	Worldly Winds: Gain and Loss	Worldly Winds: Status and Disgrace	Worldly Winds: Praise and Blame	Worldly Winds: Pleasure and Pain	Sailing the Worldly Winds	Looking Back	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 <small>Bodhilila</small>	Meditation <small>Paramananda</small>	Meditation <small>Paramananda</small>	Meditation <small>Sudurjaya</small>	Meditation <small>Paramananda</small>	Meditation <small>Sudurjaya</small>	Meditation <small>Paramananda</small>	Meditation <small>Hanka</small>
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 <small>Hanka</small>	Meditation and/or Reflection <small>Sudurjaya</small>	Meditation and/or Reflection <small>Bodhilila</small>	Meditation and/or Reflection <small>Dharmavadana</small>	Meditation and/or Reflection <small>Dharmavadana</small>	Meditation and/or Reflection <small>Bodhilila</small>	Meditation and/or Reflection <small>Hanka</small>	Meditation and/or Reflection <small>Bodhilila</small>
17.00 – 18.00	Work Circle <small>Hanka</small>	Work Circle <small>Hanka</small>	Work Circle <small>Hanka</small>	Work Circle <small>Hanka</small>	Work Circle <small>Hanka</small>	Work Circle <small>Hanka</small>	Work Circle <small>Hanka</small>	Work Circle <small>Hanka</small>
18.00 – 19.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19.00 – 21.30	Meditation, Chanting and/or Ritual <small>Bodhilila</small>	Meditation, Chanting and/or Ritual <small>Bodhilila</small>	Meditation, Chanting and/or Ritual <small>Hanka</small>	Remembering Jinananda <small>Bodhilila</small>	Meditation, Chanting and/or Ritual <small>Bodhilila</small>	Meditation, Chanting and/or Ritual <small>Hanka</small>	Meditation, Chanting and/or Ritual <small>Bodhilila</small>	Meditation, Chanting and/or Ritual <small>Bodhilila</small>
22.00– 00.15							Into the New Year..... <small>Bodhilila</small>	