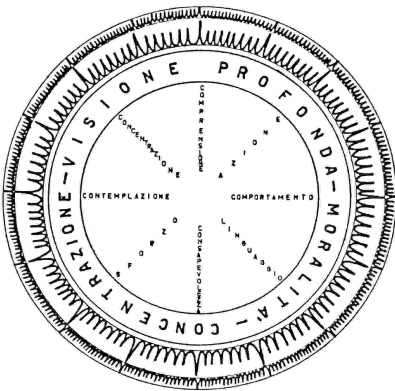


Day Time Schedule During a Long Retreat *

4,00	Waking Up
4,15	Tea Time
4,30 - 6,30	Meditation
6,30 - 8,00	Breakfast and tea time
8;00 - 9,00	Meditation with Teacher
9,00 - 11,00	Meditation and/or check-in
11,00 - 13,00	Lunch and Free Time
13,00 - 14,00	Meditation in Hall
14,00 - 15,00	Meditation with Teacher
15,00 - 17,00	Meditation and/or check-in
17,00 - 18,00	Tea Time
18,00 - 19,00	Discourse
19,00 - 19,30	Free Time
19,30 - 20,30	Meditation with Teacher
20,30	Rest



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- The present day time schedule refers to a 10 days retreat; for short and metropolitan retreats, day time schedule can changes