

## 10 Day Muttodaya Meditation Retreat Timetable (subject to change)

### Arrival Day (Thursday, 30.04.2020):

16.00 better earlier	CHECK-IN: Registration, job & room assignment
17.00	Job explanations
18.00	Tonics (tea, juice, ...) & clean up
19.00	Dhamma talk & group practice: Puja = 8 precepts, further recitation & meditation
22.00	Beginning of silence

### Day 1-9 (Friday, 01.05. to Saturday, 09.05.2020):

05.00	Get up with a smile :-)
05.30	Group practice: Puja = recitation & meditation
07.00	House cleaning / breakfast preparation
07.30	Breakfast & clean up
09.00	Teachings & instructions
10.00	Group practice: sitting, standing or walking meditation
11.00	Individual practice: meditation / meal preparation
12.00	Meal time
13.00	Clean up / break
13.30	Group practice: sitting, standing or walking meditation
15.30	Group practice or Dhamma talk: on notice
16.00	Individual practice: meditation / tea preparation
17.00	Tonics (tea, juice, ...) & clean up
18.00	Individual practice: meditation
19.00	Group practice: Puja = recitation & meditation
21.00	Questions & answers, meditation / night sleep or night meditation

### Day 10 / Departure Day (Sunday, 10.05.2020):

05.00-09.00	as day 1-9
09.00	Final instructions, forgiveness & 5 precepts
11.00	End of silence & house cleaning
12.00	Meal time
13.00	Mindful clean up & departure

**Timetable subject to change without previous notice.**