

## Schedule online Asia/ Pacific - Earth retreat June 2023

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|---|-----------------------|------------------|----------------------|-----------------|---|--|------------------------------|--|---|--|---|--|--|--|
| This schedule is for Asian/ Pacific time zones (Vietnam, Bangkok time UTC +7)   |                       |                  |                      |                 |   |  |                              |  |   |  |   |  |  |  |
| CEST<br>UTC +2  | Vietnam<br>UTC +7     | China UTC<br>+ 8 | Australia<br>UTC +10 |                 | Saturday 17   | Sunday 18                                    | Monday 19                    | Tuesday 20                                       | Wednesday 21                              | Thursday 22 LH                               | Friday 23   |  |  |  |
| Paris time  | Bangkok               | China            | Sydney               |                 |   |  | LAZY DAY                     |  |   |  | Departure day                                       |  |  |  |
|   | 6:00 AM               | 7:00 AM          | 9:00 AM              |                 | guided Sitting med +<br>Love letter to the<br>Earth | silent sitting + Love<br>letter to the Earth | lazy morning                 | guided Sitting med +<br>Love letter to the Earth | Silent sitting                            | Beginning anew with<br>Mother Earth ceremony |   |  |  |  |
|   | 7:00 AM               | 8:00 AM          | 10:00 AM             |                 | Exercise (rec.)                                     | Exercise (rec.)                              |                              | Exercise (rec.)                                  | Exercise (rec.)                           | Exercise (rec.)                              |   |  |  |  |
|   | 7:30 AM               | 8:30 AM          |                      |                 | Breakfast offline                                   | Breakfast offline                            | Breakfast offline            | Breakfast offline                                | Breakfast offline                         | Breakfast offline                            |   |  |  |  |
|   | 9:30 AM               | 10:30 AM         | 12:30 PM             | rec.            | Total relaxation &<br>short orientation             | Guided sitting<br>meditation and<br>reading  | ONLINE TEAM<br>Workshops     | silent sitting                                   | multi-traditional<br>Solstice celebration | ONLINE TEAM<br>Workshops                     | Closing<br>session:<br>Celebrating<br>our diversity |  |  |  |
|   | 12:00 PM              | 1:00 PM          |                      |                 | lunch offline                                       |  |                              |  |   |  |   |  |  |  |
|   | 1:30 PM               | 2:30 PM          | 4:30 PM              |                 | Total relaxation                                    | Total relaxation                             |                              | Total relaxation                                 | Total relaxation                          |  |   |  |  |  |
| 9:30 AM   | 2:30 PM               | 3:30 PM          | 5:30 PM              | live from<br>PV | Dharma Talk   | Dharma Talk                                  | rest                         | Dharma Talk                                      | Q&A                                       | Dharma Talk                                  |   |  |  |  |
|   | 5:00 PM               | 6:00 PM          |                      |                 | Walking meditation offline                          |  |                              |  |   |  |   |  |  |  |
|   | 6:00 PM               | 7:00 PM          |                      |                 | dinner offline                                      |  |                              |  |   |  |   |  |  |  |
|   |                       |                  | 8:00 PM              |                 | Dharma sharing for Australia                        |  |                              |  | Dharma sharing for Australia              |  |   |  |  |  |
| 3:00PM -<br>4:30 PM   | 8:00 PM - 9:<br>30 PM | 9:00 PM          | 11:00 PM             | live            | Dharma sharing*                                     | Dharma sharing*                              | ONLINE TEAM Panel<br>sharing | Panel sharing from PV                            | Dharma sharing*                           | 9:00 PM Dharma<br>sharing*                   |   |  |  |  |
| 6:00 PM   | 11:00 PM              | 12:00 PM         |                      | <b>Optional</b> | Affinity groups                                     |  | Affinity groups              | Open tea table                                   | Affinity groups                           |  |   |  |  |  |
| * Depending on the demand and availability of facilitators, the time for Dharma sharings for people from Australia/ Pacific will be different, so that it is more convenient. Dharma sharing for Australians will be in the evenings, at 8.00 pm Sydney time (to be confirmed). |                       |                  |                      |                 |   |  |                              |  |   |  |   |  |  |  |
| <b>Please note: This schedule might be subject to changes.</b>  |                       |                  |                      |                 |   |  |                              |  |   |  |   |  |  |  |