Schedule online Americas East Coast - Earth Retreat June 2023

This schedule is for Americas East Coast - ET (UTC - 4) *(and CT and Argentina time)*

UTC +2	ET, UTC - 4	UTC - 5	UTC - 3	Friday 16	Saturday 17	Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22 LH
Paris	New York	CT, Peru	Argentina	**Arrival day**			**LAZY DAY**			
	6:15 AM	5:15 AM	7:15 AM		guided Sitting med + Love letter to the Earth	silent sitting + Love letter to the Earth	lazy	guided Sitting med + Love letter to the Earth	Beginning anew with Mother Earth ceremony	Silent sitting
	7:00 AM	6:00 AM	8:00 AM		*Exercise (rec.)*	*Exercise (rec.)*		*Exercise (rec.)*	*Exercise (rec.)*	*Exercise (rec.)*
	7:30 AM	6:30 AM	8:30 AM		*Breakfast offline*	*Breakfast offline*	*Breakfast offline*	*Breakfast offline*	*Breakfast offline*	*Breakfast offline*
										9:00 5 MT Transm.live
	9:30 AM	8:30 AM	10:30 AM		Dharma Talk	Dharma Talk	9:00 Panel sharing live	9:00 Panel sharing live from PV	10:30 Q&A live	10:30 Dharma Talk
6:00 PM	12:00 PM	11:00 AM	1:00 PM	*optional*	*Lunch / Affinity groups*	*Lunch together in silence*	*Lunch/ Affinity groups*	*Lunch / Open tea table*	*Lunch/ Affinity groups*	
8:00 PM	2.00 PM	1:00 PM	3:00 PM	Total relaxation & short orientation	Guided sitting meditation and reading	ONLINE TEAM Workshops live	Lazy afternoon	multi-traditional Solstice celebration	ONLINE TEAM Workshops live	Closing session live: Celebrating our diversity and inclusiveness
	3.30 PM	2:30 PM	4:30 PM		Total relaxation	Total relaxation		Total relaxation	Total relaxation	Total relaxation
	5.00 PM	4:00 PM	6:00 PM		*Walking meditation offline*					
	6.00 PM	5:00 PM	7:00 PM		*dinner offline*					
	7:30 PM - 9:00 PM	6:30 PM - 8:00 PM	8:30 PM - 10:00 PM		Dharma sharing*	Dharma sharing*	silent sitting	Dharma Talk	Dharma sharing*	Dharma sharing*

* Depending on the demand and availability of facilitators, the time for Spanish and Portugese speaking Dharma sharings might be different and a bit earlier, so that it is more convenient.

Please note: This schedule might be subject to changes.