

Schedule online Americas West Coast - Earth Retreat June 2023

This schedule is for Americas West Coast - Pacific Time (UTC - 7) (and MT and Central America time)

UTC +2	PT, UTC - 7	MT, UTC - 6	Friday 16	Saturday 17	Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22 LH
Paris	California	Central America	Arrival day			LAZY DAY			
3:00 PM	6:00 AM	7:00 AM		guided Sitting med + Love letter to the Earth	silent sitting + Love letter to the Earth	6:00 Panel sharing live	6:00 Panel sharing live from PV	lazy morning	6:00 5 MT Transm. live from PV
	7:00 AM	8:00 AM		<i>Exercise (rec.)</i>	<i>Exercise (rec.)</i>		<i>Exercise (rec.)</i>	<i>Exercise (rec.)</i>	<i>Exercise (rec.)</i>
	7:30 AM	8:30 AM		<i>Breakfast offline</i>	<i>Breakfast offline</i>	<i>Breakfast offline</i>	<i>Breakfast offline</i>	ONLINE Q&A live	<i>Breakfast offline</i>
6:00 PM	9:00 AM	10:00 AM	optional	<i>Affinity groups</i>		<i>Affinity groups</i>	<i>Open tea table</i>	<i>Affinity groups</i>	
8:00 PM	11.00 AM	12:00 PM	Total relaxation & short orientation	Guided sitting meditation and reading	ONLINE TEAM Workshops live	Lazy morning	multi-traditional Solstice celebration live	ONLINE TEAM Workshops live	Closing session live: Celebrating our diversity and inclusiveness
	1.00 PM	2:00 PM		<i>lunch offline</i>					
	2.30 PM	3:30 PM		Total relaxation	Total relaxation		Total relaxation	Total relaxation	Total relaxation
	3:30 PM	4:30 PM		Dharma Talk	Dharma Talk	Lazy afternoon	Dharma Talk	Beginning anew with Mother Earth ceremony	Dharma Talk
	5.00 PM	6:00 PM		<i>Walking meditation offline</i>					
	6.00 PM	7:00 PM		<i>dinner offline</i>					
	7:00 PM - 8:30 PM	8:00 PM - 9:30 PM		Dharma sharing*	Dharma sharing*	silent sitting	Guided sitting meditation and reading	Dharma sharing*	Dharma sharing*

Please note: This schedule might be subject to changes.