

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	Saturday 17	Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22 LH		
Paris	New York	CT, Peru	Argentina			LAZY DAY					
	6:15 AM	5:15 AM	7:15 AM	Guided sitting meditation	Guided sitting meditation	lazy	Guided sitting meditation	Lazy morning/optional sitting	Guided sitting meditation		
	7:00 AM	6:00 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	6:30 AM	8:30 AM	<i>Breakfast offline</i>	<i>Breakfast offline</i>	<i>Breakfast offline</i>	<i>Breakfast offline</i>	<i>Breakfast offline</i>	<i>Breakfast offline</i>		
									9:30 5 MT Transmission Ceremony live		
	9:30 AM	8:30 AM	10:30 AM	Dharma Talk	Dharma Talk	9:00 Panel sharing live	10:00 Dharma talk live from PV	10:30 Q&A live	10:30 Dharma Talk		
	12:00 PM	11:00 AM	1:00 PM	<i>Lunch / Affinity groups</i>	<i>Lunch together in silence</i>	<i>Lunch / Open tea table</i>	<i>Lunch/ Affinity groups</i>	<i>Lunch / Open tea table</i>			
8:00 PM	2.00 PM	1:00 PM	3:00 PM	Silent 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	<i>Walking meditation offline</i>							
			6:00 PM	<i>Portugese Dharma sharing*</i>				<i>Portugese Dharma sharing*</i>			
	6.00 PM	5:00 PM	7:00 PM	<i>dinner offline</i>							
	7:30 PM - 9:00 PM	6:30 PM - 8:00 PM	8:30 PM - 10:00 PM	Dharma sharing*	Dharma sharing*	Silent sitting meditation and reading	Panel sharing	Dharma sharing*	Dharma sharing*		

* The time for Portugese speaking Dharma sharings will be different and a bit earlier, so that it is more convenient.

Please note: This schedule might be subject to changes.