

## 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	Saturday 17	Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22 LH	
Paris	California	Central America			LAZY DAY				
3:00 PM	6:00 AM	7:00 AM	Guided sitting meditation	Guided sitting meditation	6:00 Panel sharing live	7:00 Dharma talk live from PV	7:30 ONLINE Q&A live	6:30 5 MT Transmission Ceremony 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>	
	7:30 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>	
6:00 PM	9:00 AM	10:00 AM	<i>Affinity groups</i>		<i>Open tea table</i>	<i>Affinity groups</i>	<i>Open tea table</i>		
8:00 PM	11:00 AM	12:00 PM	Silent 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	2:00 PM Total relaxation	Total relaxation		Total relaxation	Total relaxation	Total relaxation	
	3:30 PM	4:30 PM	Dharma Talk	Dharma Talk	Lazy afternoon	Panel Sharing	Rest	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 meditation and reading	Silent sitting meditation	Dharma sharing	Dharma sharing	
<i>Please note: This schedule might be subject to changes.</i>									