

The retreat is divided into 6 daily sessions of 90 to 120 minutes on samatha-vipassana from Kagyü's mahamudra:

7:00 - 9:00 **Dawn's Yoga**

9:00 - 10:30 Breakfast

10:30 - 11:45 **Meditation**

12:00 - 13:30 **Meditation**

13:30 - 16:00 Lunch

16:30 - 18:30 **Meditation**

19:00 - 20:30 **Meditation**

20:30 - 21:15 Dinner

21:15 - 22:30 **Chenresig sadhana**