

# Online Vipassana-light retreat June 5 – 9, 2021.

Replacing the Vipassana-light@Pelion'21.

Teacher: Henk Barendregt

You can join daily zoom meeting. [Blue](#) letters indicate an online activity with teacher. The participants are encouraged, to leave their zoom meeting open, for feeling together during sitting. Interviews may be requested via zoom chat. Depending on the number of requests these will be individual or in groups.

Notes: Instructions and Theory

Reader: Nyanaponika Thera, The heart of Buddhist Meditation.

**Schedule, times CET (Amsterdam). Greece +1h; Bodh Gaya +3:30h.**

## Day 1-4 (Saturday-Tuesday, June 5-8)

06:00	<a href="#">Sitting</a>	20:30	<a href="#">Dhamma talk</a>
06:45	Walking	21:30	<a href="#">Metta practice</a>
07:15	<i>Breakfast</i>	21:45	Resting
08:15	<a href="#">Instruction</a>		
09:15	Walking		
10:00	Sitting		
10:45	<i>Tea/Coffee</i>		
11:00	Walking		
11:45	<a href="#">Sitting</a>		
12:30	<i>Lunch</i>		

## Day 5 (Wednesday, June 9)

06:00	<a href="#">Sitting</a>
06:45	Walking
07:15	<i>Breakfast</i>
08:15	<a href="#">Instruction</a>
09:15	Walking
10:00	Sitting
10:45	<i>Tea/Coffee</i>
11:00	Walking
11:45	<a href="#">Sitting</a>
12:30	Final Dhamma Talk
13:00	<i>End retreat</i>

In urgent cases you may send SMS or WhatsApp to Henk +31.6.26488169.