



BUDDHISTISCHES ZENTRUM SCHEIBBS

Tagesplan Jodeln und Qi Gong

05:30 Wake-up

06:00 Chi gung

06:30 – 07:15 Meditation / Instruction

08:00 – 08:45 **Breakfast**

09:45 – 10:00 Meet, discuss plans

10:00 Prepare lunch

13:00 **Lunch**

13:45 – 14:15 Clean-up lunch

16:15 – 17:00 Class

17:20 – 17:50 Sit

17:50 Break

18:00 **Dinner**

18:30 – 19:00 Clean-up dinner

19:30 Lecture / Walking / Meditation

20:45 End

Silence after evening lecture through breakfast next morning.