

Here is an example of how a day at the “Wake Up – The music we are” retreat might look like:

05:30 Wake Up
06:00 Guided Meditation
06:30 Exercise (Qigong, Yoga, Mantra singing)
07:30 Breakfast
08:30 Working Meditation
09:30 Dharma Talk
11:00 Walking Meditation
12:00 Lunch
13:00 Free creative time
14:30 Mindful Music
16:30 Free space
17:00 Optional music session/ music relaxation
18:00 Dinner
19:00 Free Creative Time
19:30 Sharing
21:30 Bedtime / Noble Silence