

Understanding Our Mind: Applied Buddhist Psychology with Insights from Neuroscience — June 23-28, 2020 Online Retreat Schedule

Europe (Paris time, GMT +2)		Tuesday, June 23	Wednesday, June 24	Thursday, June 25	Friday, June 26	Saturday, June 27	Sunday, June 28
7:00 AM			Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation
9:30 AM			Dharma Sharing	Dharma Sharing	Dharma Sharing	Dharma Sharing	Q&A
11:30 AM			Walking Meditation	Walking Meditation	Walking Meditation	Walking Meditation	Walking Meditation
3:30 PM	Opening Talk	Talk	Talk	Talk	Talk	Talk	Talk
7:30 PM	Deep Relaxation	Panel	Panel	Panel	Panel	Panel	

Asia (Singapore time, GMT +8)		Tuesday, June 23	Wednesday, June 24	Thursday, June 25	Friday, June 26	Saturday, June 27	Sunday, June 28
1:00 PM			Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation
3:30 PM			Dharma Sharing	Dharma Sharing	Dharma Sharing	Dharma Sharing	Q&A
5:30 PM			Walking Meditation	Walking Meditation	Walking Meditation	Walking Meditation	Walking Meditation
9:30 PM	Opening Talk	Talk	Talk	Talk	Talk	Talk	Talk
1:30 AM	Deep Relaxation	Panel	Panel	Panel	Panel	Panel	

Panels may also be watched the following morning.

America (New York time, EDT)		Tuesday, June 23	Wednesday, June 24	Thursday, June 25	Friday, June 26	Saturday, June 27	Sunday, June 28
5:30 AM			Walking Meditation	Walking Meditation	Walking Meditation	Walking Meditation	Walking Meditation
7:00 AM			<i>Guided Meditation</i>	<i>Guided Meditation</i>	<i>Guided Meditation</i>	<i>Guided Meditation</i>	<i>Guided Meditation</i>
9:30 AM	Opening Talk	Talk	Talk	Talk	Talk	Talk	Talk
1:30 PM	Deep Relaxation	Panel	Panel	Panel	Panel	Panel	
4:00 PM		Dharma Sharing	Dharma Sharing	Dharma Sharing	Dharma Sharing	Dharma Sharing	Q&A

Italics indicates video is pre-recorded