

# Retreat program



	sunday 17/03 2019	monday 18/03 2019	tuesday 19/03 2019	wednesday 20/03 2019	thursday 21/03 2019
<b>Theme of the day</b>	Building relations	Deepen your practice	Being a MBSR teacher	Mindfulness in nature	The way forward
<b>1. periode</b>	<b>Aktivitet</b>	<b>Morning practice</b>	<b>Morning practice</b>	<b>Morning practice</b>	<b>Morning practice</b>
	<b>Info</b>	With Jacob Piet	With Helle	With Helle	With Helle
	<b>Tid</b>	KL 07.00-08.45	KL 07.00-08.45	KL 07.00-08.45	KL 07.00-08.45
<b>2. periode</b>	<b>Aktivitet</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
	<b>Info</b>				
	<b>Tid</b>	KL 08.45-10.15	KL 08.45-10.15	KL 08.45-10.15	KL 08.45-10.15
<b>3. periode</b>	<b>Aktivitet</b>	<b>Registration</b>	<b>Session I</b>	<b>Workshop A</b>	<b>Walk and exercises</b>
	<b>Info</b>	Groups and program		Attention and recognition of disease	Eva Zelander
	<b>Tid</b>	KL 10.00-12.00	KL 10.30-13.00	KL 10.30-13.00	KL 10.30-13.00
<b>4. periode</b>	<b>Aktivitet</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch and goodbye</b>
	<b>Info</b>	In groups	In groups	Fælles	Outdoor, depending on weather
	<b>Tid</b>	KL 12.00-13.30	KL 13.00-14.00	KL 13.00-14.00	KL 13.00-14.00
<b>5. periode</b>	<b>Aktivitet</b>	<b>Time of silence</b>	<b>Session II</b>	<b>Workshop B</b>	<b>Walk and exercises</b>
	<b>Info</b>			Relate to illness and make changes	Eva Zelander
	<b>Tid</b>	KL 13.30-19.45	KL 14.30-18.30	KL 14.30-16.30	KL 14.30-17.00
<b>6. periode</b>	<b>Aktivitet</b>	<b>Quiet Mind Open Heart/meditation</b>	<b>Time of your own</b>	<b>Workshop C</b>	<b>Dialogue and meditation</b>
	<b>Info</b>			Asking questions	Workshop output
	<b>Tid</b>	KL 14.00-18.30	KL 18.30-20.00	KL 17.00-18.30	KL 17.00-18.30
<b>7. periode</b>	<b>Aktivitet</b>	<b>Time on your own</b>	<b>Time of your own</b>	<b>Time of your own</b>	<b>Time of your own</b>
	<b>Info</b>	Welness, a walk, relax	Welness, a walk, relax	Welness, a walk, relax	Welness, a walk, relax
	<b>Tid</b>	KL 18.30-19.45	Continued	KL 18.30-20.00	KL 18.30-20.00
<b>8. periode</b>	<b>Aktivitet</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
	<b>Info</b>	Followed by meditation	Followed by meditation	Followed by dialog and meditation	
	<b>Tid</b>	KL 20.00-22.00	KL 20.00-22.00	KL 20.00-22.30	KL 20.00-22.00