

**Online Retreat: Healing Ourself, Healing The World  
(Thai Plum Village International Practice Center, on 1 - 5 May, 2021)**

<i>Topic</i>	<i>Cultivating happiness</i>	<i>Transforming and healing</i>	<i>Questions from your heart</i>	<i>Joy to the world</i>	<i>Letting go</i>
<b>Central Time (Thailand)</b>	<b>May-01</b>	<b>May-02</b>	<b>May-03</b>	<b>May-04</b>	<b>May-05</b>
	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>5:00AM</b>		Wake up & Listening to the Great Bell			
<b>5:30AM</b>		30' Guided Meditation & Sutra chanting	30' Guided Meditation & Sutra chanting	30' Silent Sitting Meditation + Sutra chanting	5 MTs Transmission
<b>6:30AM</b>		Walking Meditation (online 10')		Walking Meditation (offline)	
<b>7:15AM</b>		Breakfast		Formal Breakfast	Breakfast
<b>8.45 AM</b>		Singing Meditation			
<b>9.00 AM</b>	Tech Try Out	Chanting - Dharma Talk		Questions and Answers	Chanting - Dharma Talk ***Farewell***
<b>11:30AM</b>		Lunch			
<b>1:00PM</b>		Total Relaxation			
<b>3:00PM</b>	Welcoming & Introduction Meet & Greet Family Group	Tea-In & Dharma Sharing		Writing Aspiration/ Healing	
<b>5.30 PM</b>		Dinner			
<b>7:30PM</b>	Sitting Meditation & 3 Touching The Earth	5 MTs Presentation	Beginning Anew Presentation	Tea-In Festival	
<b>9.30 PM</b>	Noble Silence until the next day after breakfast				

Activities in this color will be Livestream  
 Activities in this color will be Offline  
 Activities in this color will be available on Plum Village App