



Buddhist Institute  
Yeunten Ling  
HUY

## YOGA WEEKEND with Karma Chookela

SAMEDI		DIMANCHE	
		07:00	MEDITATION
		08:00	PETIT-DÉJEUNER - ONTBIJT
		08:45	HELPING HAND
10:00	YOGA	10:00	YOGA
12:00	LUNCH	12:00	LUNCH
12:45	HELPING HAND	12:45	HELPING HAND
			CHAMBRE / KAMER DOUCHE / TOILET / HAL + RETOUR DE CLÉS/SLEUTELS TERUG
14:30	YOGA	14:30	YOGA
16:30	THEE & KOFFIE	16:00	THEE & KOFFIE
18:00	MAHAKALA & CHENREZI PUDJA	18:00	MAHAKALA & CHENREZI PUDJA
19:00	DINER		
19:45	HELPING HAND		

22h FERMETURE DES PORTES - SLUITEN VAN DE DEUREN - CLOSURE OF DOORS