

OSHO Vipassana timetable 17-20 February

THURSDAY

16.00	OSHO Kundalini
17.30	OSHO Evening meeting
19.00	<i>Dinner</i>
20.00	Sitting
20.45	Walk
21.00	Welcome & practicalities
21.30	Sitting

FRIDAY

6.45	OSHO Dynamic
8.00	<i>Breakfast</i>
9.00	Sitting
9.45	Walk
10.00	Sitting
10.45	Work as Meditation
11.45	Sitting
12.30	<i>Lunch & Rest</i>
14.00	Sitting
14.45	Walk
15.00	Sitting
16.00	OSHO Kundalini
17.30	OSHO Evening Meeting
19.00	<i>Dinner</i>
20.00	Sitting
20.40	Walk
20.50	Sitting
21.30	Walk
21.00	Sitting (optional)

SATURDAY

7.00	OSHO Dynamic
8.00	<i>Breakfast</i>
9.00	Sitting
9.45	Walk
10.00	Sitting
10.45	Work as Meditation
11.45	Sitting
12.30	<i>Lunch & Rest</i>
14.00	Sitting
14.45	Walk
15.00	Sitting
16.00	OSHO Kundalini
17.30	OSHO Evening Meeting
19.00	<i>Dinner</i>
20.00	Sitting
20.40	Walk
20.50	Sitting
21.30	Walk
21.00	Sitting (optional)

SUNDAY

7.00	OSHO Dynamic
8.00	<i>Breakfast</i>
9.00	Sitting
9.45	Walk
10.00	Sitting
10.45	Work as Meditation
11.45	Sitting
12.30	<i>Lunch & Rest</i>
14.00	Sitting
14.45	Walk
15.00	Sitting
15.45	Walk
16.00	Sharing and Closing Circle