

Silent retreat Schedule

May 23 - May 28, 2025

At Vrads Sande Meditationscenter
 Hosted by Helle Laursen, Nordic Compassion

FRIDAY		
	Program	
16.00 - 18.00	Arriving	Settle in and get to know the venue
18.30	Dinner	
19.30	Welcome	How we'll do silence together, practical info, adjusting the schedule, setting intension together and for ourselves
SATURDAY		
	Program	
8.00	Morning meditation	
9.00	Breakfast	
10.00	Topic of the day	'Where are my feet' Balancing my energy and focus
12.30	Lunch	
15.30	Yoga	
17.00	Meditation	
18.30	Dinner	
19.30	Self-Compassion	Evening practice
SUNDAY - TUESDAY		
	Program	
7.30	Morning meditation	

8.30	Breakfast	
9.30	Topic of the day	All topics are focusing on relationships, and will include reflections and perspectives that are supportive for your self-compassion practice.
12.30	Lunch	
15.30	Yoga	
17.00	Meditation	
18.30	Dinner	
19.30	Self-Compassion	Evening practice
WEDNESDAY	Program	
7.30	Morning meditation	
8.30	Breakfast	
9.30	Comming out of silence	
12.30	Lunch	