

General program for a discovery retreat (summer 2025)

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| | Arrival | |
| D1 | | Adaptation period, particularly silent, with initiations |
| D2 | | |
| D3 | | Daily activities with monks, nuns and other experienced practitioners |
| D4 | | |
| D5 | Rest | |
| D6 | | Sesshin : one day of zazen practice |
| D7 | Departure | |