

## Zoom Meeting Room Info

<https://zoom.us/j/4717056945?pwd=U UdBNVBXeHFKcTI6TXdlb3c2WDBVdz09>

ID: 471 705 6945

Password: silent

## Time Zone: CET

\* are Zoom meetings

**Start: Mon Jan 18, 2021, 3:30 PM**

<b>DAY 1</b>	3:30 PM	sit
	4:00 PM	breakfast
	<b>5:00 PM</b>	<b>*instruction, Q&amp;A</b>
	6:00 PM	walk
	6:30 PM	sit
	7:00 PM	walk
	7:30 PM	sit
	8:00 PM	lunch
	10:00 PM	sit
	10:30 PM	yoga
	11:30 PM	sit
	12:00 AM	walk
	12:30 AM	sit
	1:15 AM	dinner
	2:30 AM	sit
	<b>3:00 AM</b>	<b>*talk</b>

**Start: Tue Jan 19, 2021, 3:30 PM**

<b>DAY 2</b>	3:30 PM	sit
	4:00 PM	breakfast
	<b>5:00 PM</b>	<b>*instruction, Q&amp;A</b>
	6:00 PM	walk
	6:30 PM	sit
	7:00 PM	walk
	7:30 PM	sit
	8:00 PM	lunch
	10:00 PM	sit
	10:30 PM	yoga
	11:30 PM	sit
	12:00 AM	walk
	12:30 AM	sit
	1:15 AM	dinner
	2:30 AM	sit
	<b>3:00 AM</b>	<b>*talk</b>

**Start: Wed Jan 20, 2021, 3:30 PM**

<b>DAY 3</b>	3:30 PM	sit
	4:00 PM	breakfast
	<b>5:00 PM</b>	<b><u>*instruction, Q&amp;A</u></b>
	6:00 PM	walk
	6:30 PM	sit
	7:00 PM	walk
	<b>7:30 PM</b>	<b><u>sit or *group M1 meeting</u></b>
	8:00 PM	lunch
	10:00 PM	sit
	10:30 PM	yoga
	11:30 PM	sit
	12:00 AM	walk
	12:30 AM	sit
	1:15 AM	dinner
	2:30 AM	sit
	<b>3:00 AM</b>	<b><u>*talk</u></b>

**Start: Thu Jan 21, 2021, 3:30 PM**

<b>DAY 4</b>	3:30 PM	sit
	4:00 PM	breakfast
	<b>5:00 PM</b>	<b><u>*instruction, Q&amp;A</u></b>
	6:00 PM	walk
	6:30 PM	sit
	7:00 PM	walk
	<b>7:30 PM</b>	<b><u>sit or *group M2 meeting</u></b>
	8:00 PM	lunch
	10:00 PM	sit
	10:30 PM	yoga
	11:30 PM	sit
	12:00 AM	walk
	12:30 AM	sit
	1:15 AM	dinner
	2:30 AM	sit
	<b>3:00 AM</b>	<b><u>*talk</u></b>

**Start: Fri Jan 22, 2021, 3:30 PM**

<b>DAY 5</b>	3:30 PM	sit
	4:00 PM	breakfast
	<b>5:00 PM</b>	<b><u>*instruction, Q&amp;A</u></b>
	6:00 PM	walk
	6:30 PM	sit
	7:00 PM	walk
	<b>7:30 PM</b>	<b><u>sit or *group M3 meeting</u></b>
	8:00 PM	lunch
	10:00 PM	sit
	10:30 PM	yoga
	11:30 PM	sit
	12:00 AM	walk
	12:30 AM	sit
	1:15 AM	dinner
	2:30 AM	sit
	<b>3:00 AM</b>	<b><u>*talk</u></b>

**Start: Sat Jan 23, 2021, 3:30 PM**

<b>DAY 6</b>	3:30 PM	sit
	4:00 PM	breakfast
	<b>5:00 PM</b>	<b><u>*instruction, Q&amp;A</u></b>
	6:00 PM	walk
	6:30 PM	sit
	<b>7:00 PM</b>	<b><u>*inquiry</u></b>
	<b>8:00 PM</b>	<b><u>*closing</u></b>