

## General program for a discovery retreat (summer 2026)

	Arrival
D1	Adaptation period, particularly silent, with initiations
D2	Adaptation period, particularly silent, with initiations
D3	Daily activities with monks, nuns and other experienced practitioners
D4	Daily activities with monks, nuns and other experienced practitioners
D5	Rest
D6	Sesshin : one day and a half of zazen practice
D7	Sesshin : one day and a half of zazen practice
D8	Departure