

ACTION FROM THE HEART *(California time) - Live DS in US*

This schedule is for the Americas - Pacific standard time zone (PST, California time)

Paris time	PST		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			24th Feb	25th Feb	26th Feb	27th Feb	28th Feb
16.00-17.30	7.00 AM		Guided sitting med + Love letters to the Earth (recorded)		Dharma talk (Larry Ward) Live	Beginning anew with Mother Earth (by Sr Chan Duc) (recorded)	6.30 AM 5 MT transmission Ceremony (Live)
	8.00 AM	Pre-recorded	Exercise		8.30 am Exercise	Exercise	
6:00 PM	09.00 AM	live with PV	Breakfast offline or optional tea hang-out (live)	Breakfast in Affinity groups (optional)	Breakfast (optional tea hang-out live)	Breakfast in Affinity groups (optional)	Breakfast offline or optional tea hang-out (live)
8:00 PM	11.00 AM	live with PV	Guided sitting meditation and reading	Workshops	Thay's words - silent sitting and reading	Special guests panel	Closing session: Celebrating our diversity and inclusiveness
	1.00 PM		Lunch (offline)				
	2.15 PM	Pre-recorded	Total relaxation (pre-recorded)				
	3.30 PM		Walking meditation (offline)				
	4.30 PM	live US MC	PV practice songs and brief introduction (with live US MC)				
	4.45 PM	recorded	Dharma talk	Interview with Sr Chan Khong	Panel sharing on global ethics	live Q & A in the US	Dharma talk
	6.30 PM		Dinner (offline)		Dinner in Dharma sharing group	Dinner (offline)	Dinner in Dharma sharing group
4:30 AM nextday	7.30 PM	live in US	Dharma sharing	Dharma sharing	Guided sitting med + Love letters to the Earth (recorded)	Dharma sharing	Thay's word sitting med, reading (recorded)

This schedule is subject to small changes.

Note: Orange highlighted color means teaching live session, blue is Dharma sharing live in the US and grey is recorded sessions.