

ACTION FROM THE HEART *(New York time)*

This schedule is for the Americas - Eastern standard time zone (EST, New York time)

Paris time	EST		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			24th Feb	25th Feb	26th Feb	27th Feb	28th Feb
1:00 PM	7.00 AM	<i>recorded</i>	Guided sitting med + Love letters to the Earth			Beginning anew with Mother Earth (by Sr Chan Duc)	Thay's word sitting med, reading
	7.45 AM		Breakfast (offline)				
14:30:00	8.30 AM	<i>recorded</i>	Total relaxation (pre-recorded)				
16.00-17.30	10.00 - 11.30 AM	live with PV	Dharma sharing	Dharma sharing	Dharma talk	Dharma sharing	09.30 AM 5 MT Ceremony
	11.30 AM		Walking meditation (offline)				
6:00 PM	12.00 PM	live with PV		<i>Lunch in Affinity groups (optional)</i>	Lunch in DS family (optional tea hang-out for others)	<i>Lunch in Affinity groups (optional)</i>	Lunch in DS family
7:00 PM	1.00 PM		<i>optional: hang-out</i>				
8:00 PM	2.00 PM	live with PV	Guided sitting meditation and reading	Workshops	Thay's words - silent sitting and reading	Special guests panel sharing	Closing session: Celebrating our diversity and inclusiveness
	5.00 PM	pre-rec.	Exercise				
	6.00 PM		Dinner (offline)				
	7.30 PM		PV practice songs and brief introduction				
	7.45 PM	pre-rec.	Dharma talk	Panel sharing on global ethics	Q & A	Dharma talk	

This schedule is subject to small changes