

# ACTION FROM THE HEART *(California time)*

*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 - 8.30 AM	live with PV	Dharma sharing	Dharma sharing	Dharma talk	Dharma sharing	6.30 AM 5 MT Ceremony
	8.30 AM	recorded	Exercise				
6:00 PM	09.00 AM	live with PV		<i>B'fast in Affinity groups (optional)</i>	B'fast in DS family (optional tea hang-out for others)	<i>B'fast in Affinity groups (optional)</i>	B'fast in DS family
7:00 PM	10.00 AM	live with PV	<i>optional: hang-out</i>				
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		<i>Lunch (offline)</i>				
	2.15 PM	<i>recorded</i>	Total relaxation ( <i>pre-recorded</i> )				
	3.30 PM		Walking meditation (offline)				
	4.30 PM		PV practice songs led by hamlet and brief Welcome by MC				
	4.45 PM	pre-rec.	Dharma talk	Panel sharing on global ethics	Q & A	Dharma talk	
	6.30 PM		<i>Dinner (offline)</i>				
	7.30 PM	recorded	Guided sitting med + Love letters to the Earth		Beginning anew with Mother Earth (by Sr Chan Duc)	Thay's word sitting med, reading	

*This schedule is subject to small changes.*