

# INSTITUT YEUNTEN LING

## Planning - MHB Coherence

## Contents & meaning

	29-sept	30-sept	1-oct
0700-0800			
0800-0900		Breakfast	Breakfast
0900-1000	Arrival & check-in	Free	Free
1000-1130	Heart Coherence 1	Heart Coherence 2	Heart Coherence 3
1200-1300	Lunch	Lunch	Lunch
1300-1400	Free/Karma Yoga	Free/Karma Yoga	Free/Karma Yoga
1400-1530	Meditation 1	Meditation 2	Meditation 3
1530-1630	Tea time	Tea time	Check-out & departure
1630-1730	Yoga 1	Yoga 2	
1800-1900	(Pudja)	(Pudja)	
1900-2000	Dinner	Dinner	
2000-2100	Biofeedback	Heart Meditation	
2100-2200	Free	Free	
2200-0800	Rest	Rest	

**Heart Coherence - Frédéric Coppieters** (Big Temple)

**Meditation - Lama Zeupa** (Big Temple)

**Yoga - Karma Chookela** (Big Temple)

**Heart Meditation - Frédéric Coppieters** (Big Temple)

**Biofeedback - Frédéric Coppieters** (Big Temple)

**Heart Coherence 1:** the science of the heart

**Heart Coherence 2:** the science of emotions

**Heart Coherence 3:** the science of connection

**Biofeedback:** HRV live demonstration

**Meditation 1:** calm abiding meditation

**Meditation 2:** introduction to analytic meditation

**Meditation 3:** loving-kindness & compassion

**Yoga 1:** opening of the heart

**Yoga 2:** mind-body balance