Living Waters,
Friday, June 7 to Monday, June 10, 2024

**Schedule** (all meals optional)

**Friday**
- 4–6 pm  | Arrival and get together, tea/coffee and snacks
- 6-8 pm  | Welcome, Grounding Meditation, check in round “Waters of Life”
- 8.30 pm | Dinner at Albergo Amici

**Saturday**
- 9 am   | Check in, Short Grounding Meditation
- 9.30 am | Introduction: Being the Watershed (Lecture)
-        | Outdoor experience at Vara river
-        | Sharing, Q&A
-        | Closing Meditation
- 12.30 | Lunch at Albergo Amici
-        | Lunch Break
- 3 pm  | The River which is Me — Ensouled Water Physics (Lecture)
-        | Outdoor experience: Sitting with River
-        | Sharing, Q&A
-        | Closing Meditation
- 7 pm  | Lunch at Albergo Amici
- 8.30 pm | Evening Heart Meditation

**Sunday**
- 9 am | Check in, Short Heart Meditation
- 9.30 am | Ecology of Love: Why all beings are feeling persons (Lecture)
-        | Outdoor experience at Vara river: Letting reality in
-        | Sharing, Q&A
-        | Closing Meditation
- 12.30 | Lunch at Albergo Amici
-        | Lunch Break
- 3 pm  | Reality as Body and Soul – Introducing a Nondual Worldview as Matter/Self (Lecture)
-        | Outdoor experience: River Mentoring
-        | Sharing, Q&A
-        | Closing Meditation
- 7 pm  | Barbecue at Vara River
- 8.30 pm | Evening Heart Meditation

**Monday**
- 9 am  | Check in, Short Heart Meditation
- 9.30 am | Becoming Water (Lecture)
-        | Outdoor experience at Vara river: Surrender to the Flow
-        | Sharing, Q&A
-        | Closing Meditation
- 12.30 | Lunch at Albergo Amici