

**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 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 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