



**Mindfulness at Home**  
Friday 08 May – Sunday 17 May 2026  
Times in Europe/Madrid time (CEST)



---

### Friday 08 May

---

11:00 AM – 12:30 PM	Manager's talk & Teacher's introduction Group practice
---------------------	---

---

### Saturday 09 May

---

01:30 AM – 02:30 AM	Practice workshop
02:30 AM – 03:30 AM	Group practice
06:30 AM – 07:30 AM	Practice workshop
07:30 AM – 08:30 AM	Group Practice
11:30 AM – 12:30 PM	Dharma Talk
12:30 PM	Karaṇīya Mettā Sutta/Close

---

### Sunday 10 May

---

01:30 AM – 02:30 AM	Practice Workshop
02:30 AM – 03:30 AM	Group Practice
06:30 AM – 07:30 AM	Group Practice
07:30 AM – 08:30 AM	Weekenders' group discussion
11:30 AM – 12:30 PM	Dharma Talk
12:30 PM	Karaṇīya Mettā Sutta/Close

---

### Monday 11 May – Saturday 16 May

---

01:30 AM – 02:30 AM	Practice Workshop
02:30 AM – 03:30 AM	Group Practice
03:00 AM – 05:00 AM	Interviews
06:00 AM – 08:00 AM	Interviews
06:30 AM – 07:30 AM	Group Practice
08:30 AM – 09:30 AM	Group Practice
11:30 AM – 12:30 PM	Dharma Talk
12:30 PM	Karaṇīya Mettā Sutta/Close

---

### Sunday 17 May

---

01:30 AM – 02:30 AM	Practice Workshop
02:30 AM – 03:30 AM	Group Practice
03:30 AM – 04:30 AM	Closing circle
04:30 AM	End of retreat

---