

Daily program ITC seminar
To Be a Lamp Onto Oneself
With Fernando A. de Torrijos 23 - 28 June, 2017

Friday June 23

Afternoon / Evening: Arrival and registration

18.00 Dinner
19.30 Light program; meet the other participants

Saturday June 24

8.00 - 8.30 Yoga, meditation (facultative)
9.00 - 9.30 Breakfast
10.00 - 12.00 Lecture The bloom of the present moment
12.30 - 13.00 Lunch
14.00 - 15.30 Lecture Exploring the roots of suffering
16.00 - 17.30 Questions and answers
18.00 - 19.00 Dinner
19.30 - 21.00 Evening program

Sunday June 25

8.00 - 8.30 Yoga, meditation (facultative)
9.00 - 9.30 Breakfast
10.00 - 12.00 Lecture The role of attention and intention in self-regulation
12.30 - 13.00 Lunch
14.00 - 15.30 Lecture From anger to compassion: the alchemical effect of assertive behaviour
16.00 - 17.30 Questions and answers
18.00 - 19.00 Dinner
20.00 - 21.30 Evening program

Monday June 26 and Tuesday June 27

8.00 - 8.30 Yoga, meditation (facultative)
9.00 - 9.30 Breakfast
10.00 - 12.00 Session
12.30 - 13.00 Lunch
14.00 - 15.30 Session
16.00 - 17.30 Session
18.00 - 19.00 Dinner
19.30 - 21.00 Evening program

Wednesday June 28

8.00 - 8.30 Yoga, meditation (facultative)
9.00 - 9.30 Breakfast
10.00 - 12.00 Session
12.30 - 13.00 Lunch
13.00 Closing session and departure