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| --- | --- | --- | --- | --- | --- | --- |
| Online Retreat • December 3 -10, 2021 in Asia  (December 2-9 in US) |  |  |  |  |  |  |
|  |  | **Singapore time** | **Arab time** | **CET** | **Pacific time** | **Eastern time** |
| 1 | Fri Dec 2 |  |  |  | 7 - 10p | 10p - 1a |
| Sat Dec 3 | 11a - 2p | 7a - 10a | 4:00 - 7:00 |  |  |
| 2 | Sat Dec 3 | 4 - 7p | 12p - 3p | 9:00 - 12:00 | 12a - 3a | 3a - 6a |
|  |  |  |  |  |  |  |
| Meditation | Sat Dec 3 |  |  |  | 6 - 6:30p | 9-9:30p |
| Sun Dec 4 | 10 - 10:30a | 4 - 4:30a | 3 - 3:30 |  |  |
| 3 | Sat Dec3 |  |  |  | 7 - 10p | 10p - 1a |
|  | Sun Dec 4 | 11a - 2p | 5 - 8a | 4:00 - 7:00 |  |  |
| Small Group | Sun Dec 4 | 4 - 6p | 12p - 2p | 9:00 - 11:00 | 12a - 2a | 3a - 5a |
|  |  |  |  |  |  |  |
| Meditation | Sun Dec 4 |  |  |  | 6 - 6:30p | 9-9:30p |
| Mon Dec 5 | 10 - 10:30a | 4 - 4:30a | 3 - 3:30 |  |  |
| 4 | Sun Dec 4 |  |  |  | 7 - 10p | 10p - 1a |
| Mon Dec 5 | 11a - 2p | 5 - 8a | 4:00 - 7:00 |  |  |
| 5 | Mon Dec 5 | 4 - 7p | 12p - 3p | 9:00 - 12:00 | 12a - 3a | 3a - 6a |
|  |  |  |  |  |  |  |
| Meditation | Mon Dec 5 |  |  |  | 6 - 6:30p | 9-9:30p |
| Tue Dec 6 | 10 - 10:30a | 4 - 4:30a | 3 - 3:30 |  |  |
| 6 | Mon Dec 5 |  |  |  | 7 - 10p | 10p - 1a |
| Tue Dec 6 | 11a - 2p | 7 - 10a | 4:00 - 7:00 |  |  |
| 7 | Tue Dec 6 | 4 - 7p | 12p - 3p | 9:00 - 12:00 | 12a - 3a | 3a - 6a |
|  |  |  |  |  |  |  |
| Meditation | Tue Dec 6 |  |  |  | 6 - 6:30p | 9-9:30p |
| Wed Dec 7 | 10 - 10:30a | 4 - 4:30a | 3 - 3:30 |  |  |
| 8 | Tue Dec 6 |  |  |  | 7 - 10p | 10p - 1a |
| Wed Dec 7 | 11a - 2p | 7 - 10a | 4:00 - 7:00 |  |  |
| 9 | Wed Dec 7 | 4 - 7p | 12 - 3p | 9:00 - 12:00 | 12 - 3a | 3 - 6a |
|  |  |  |  |  |  |  |
| Meditation | Wed Dec 7 |  |  |  | 6 - 6:30p | 9-9:30p |
| Thu Dec 8 | 10 - 10:30a | 4 - 4:30a | 3 - 3:30 |  |  |
| 10 | Wed Dec 7 |  |  |  | 7 - 10p | 10p - 1a |
| Thu Dec 8 | 11a - 2p | 7 - 10a | 4:00 - 7:00 |  |  |
| Small Group | Thu Dec 8 | 5 - 7p | 1p - 3p | 10:00 - 12:00 | 1a - 3a | 4a - 6a |
|  |  |  |  |  |  |  |
| Meditation | Thu Dec 8 |  |  |  | 6 - 6:30p | 9-9:30p |
| Fri  Dec 9 | 10 - 10:30a | 4 - 4:30a | 3 - 3:30 |  |  |
| 11 | Thu Dec 8 |  |  |  | 7 - 10p | 10p - 1a |
| Fri  Dec 9 | 11a - 2p | 7 - 10a | 4:00 - 7:00 |  |  |
| 12 | Fri  Dec 9 | 4 - 7p | 12 - 3p | 9:00 - 12:00 | 12 - 3a | 3 - 6a |
|  |  |  |  |  |  |  |
| Meditation | Fri  Dec 9 |  |  |  | 6 - 6:30p | 9-9:30p |
| Sat Dec 10 | 10 - 10:30a | 4 - 4:30a | 3 - 3:30 |  |  |
| 13 | Fri  Dec 9 |  |  |  | 7 - 10p | 10p - 1a |
| Sat Dec 10 | 11a - 2p | 7 - 10a | 4:00 - 7:00 |  |  |
|  |  |  |  |  |  |  |