Online Retreat • June 26 - July 3, 2021 Singapore	June 25- July 2 in US	Singapore time	AST	CSET	Pacific time	Eastern time
Teaching Session 1	Fri June 25				7 - 10p	10p - 1a
	Sat June 26	10a - 13p	5 - 8a	4 – 7a		
Session 2	Sat June 26	3 – 6p	10a – 1p	9a – 12p	12 - 3a	3 - 6a
Meditation	Sat June 26				6 - 6:30p	9-9:30p
	Sun June 27	9 - 9:30a	4 - 4:30a	3 - 3:30a		
Teaching Session 3	Sat June 26				7 - 10p	10p - 1a
	Sun June 27	10a - 1p	5 - 8a	4 – 7a		
Small Group	Sun June 27	3 – 5p	10a – 1p	9a – 12p	12 - 3a	3 - 6a
Meditation	Sun June 27				6 - 6:30p	9-9:30p
	Mon June 28	9 - 9:30a	4 - 4:30a	3 - 3:30a		
Teaching Session 4	Sun June 27				7 - 10p	10p - 1a
	Mon June 28	10a - 1p	5 - 8a	4 – 7a		
Teaching Session 5	Mon June 28	3 – 6p	10a – 1p	9a – 12p	1a - 3a	3 - 6a
Meditation	Mon June 28				6 - 6:30p	9-9:30p
	Tues June 29	9 - 9:30a	4 - 4:30a	3 - 3:30a		
Teaching Session 6	Mon June 28				7 - 10p	10p - 1a
	Tues June 29	10a - 1p	5 - 8a	4 – 7a		
Teaching Session 7	Tues June 29	3 – 6p	10a – 1p	9a – 12p	12 - 3a	3 - 6a
Meditation	Tues June 29				6 - 6:30p	9-9:30p
	Wed June 30	9 - 9:30a	4 - 4:30a	3 - 3:30a		
Teaching Session 8	Tues June 29				7 - 10p	10p - 1a
	Wed June 30	10a - 1p	5 - 8a	4 – 7a		
Teaching Session 9	Wed June 30	3 – 6p	10a – 1p	9a – 12p	12 - 3a	3 - 6a
Meditation	Wed June 30				6 - 6:30p	9-9:30p

	Thu July 1	9 - 9:30a	4 - 4:30a	3 - 3:30a		
Teaching Session10	Wed June 30				7 - 10p	10p - 1a
	Thu July 1	10a - 1p	5 - 8a	4 – 7a		
Community Meeting	Thu July 1	1:15 – 2:45p	8:15 – 9:45a	7:15 – 8:45a	10:15 – 11:45p	1:15 – 2:45a
Small Group	Thu July 1	4 – 6p	11a – 1p	10a – 12p	1 - 3a	4 - 6a
Meditation	Thu July 1				6 - 6:30p	9-9:30p
	Fri July 2	9 - 9:30a	4 - 4:30a	3 - 3:30a		
Teaching Session 11	Thu July 1				7 - 10p	10p - 1a
	Fri July 2	10a - 1p	5 - 8a	4 – 7a		
Teaching Session 12	Fri July 2	3 – 6p	10a – 1p	9a – 12p	12a - 3a	3a - 6a
Meditation	Fri July 2				6 - 6:30p	9-9:30p
	Sat July 3	9 - 9:30a	4 - 4:30a	3 - 3:30a		
Teaching Session 13	Fri July 2				7 - 10p	10p - 1a
	Sat July 3	10a - 13p	5 - 8a	4 – 7a		