

Time table for ALBA 'Solo retreat, together' - March 2020

Time	Activity	
6 am	Wake up bell (alarm) Get ready	
6.30 am -	Morning puja Guided meditation	https://www.amaravati.org/dhamma-books/chanting-book/ Guided meditations- https://www.amaravati.org/audio/ or www.dhammataalks.org
7.30 am	Breakfast	
8 am	Work/chores	Cleaning house, gardening, answering emails, catching up with the day's news - starting the day if working
9.30 am	Sitting meditation	
10.15 am	Walking meditation	
11 am	Sitting meditation	
11.45 am	Meal	
1pm	Rest; Read Dhamma	https://www.amaravati.org/dhamma-books/ https://www.amaravati.org/category/teachings/dhamma-articles/
2 pm	Walking meditation	
2.45 pm	Listen to Dhamma talk	https://www.amaravati.org/audio/ OR Youtube - Thai Forest Tradition - Ajahn Chah Ajahn Sumedho, Ajahn Amaro, Ajahn Jayasaro, Ajahn Succito, Ajahn Chandasiri etc
4 pm	Sitting meditation	
5 pm	Tea time	Catch up with friends and family and Prime Minister's daily update (optional)
6 pm -	Yoga/ exercise Evening meal if needed	
7.30 pm	Evening chanting	https://www.amaravati.org/audio/ - soon there would be live streaming from the monastery you could join.
7. 45 pm	Sitting meditation	
8.30 pm	Listen to Dhamma talk	https://www.amaravati.org/audio/ OR Youtube - Thai Forest Tradition - Ajahn Chah Ajahn Sumedho, Ajahn Amaro, Ajahn Jayasaro, Ajahn Succito, Ajahn Chandasiri etc
9.30 pm	Reflection on your days practice Metta meditation Closing homage	- in terms of the Path: Generosity (Dana), Virtue or Precepts (Sila) and mental cultivation (Bhavana) - Spread loving kindness and blessings from your days practice to all beings. https://www.amaravati.org/dhamma-books/chanting-book/

