

ALBA *online* Day of Practice

Saturday 11 July 2020

'The Trouble with Identity'

led by Nick Carroll

Programme

9.25 am - 9.35 am	Join on Zoom using unique link and password
9.35 am - 9.40 am	Technical guidelines for the day - <i>Liam</i>
9.40 am - 9.50 am	Introducing the day
9.50 am - 10.45 am	Opening chant, three Refuges and five Precepts* Sitting meditation
10.45 am - 11.30 am	Walking meditation
11.30 am - 12.30 pm	Sitting meditation, reflections
12.30 pm - 2.00 pm	Break for meal , **Option to enter a breakout room Email questions to buddhacommunity@gmail.com by 2pm
2:00 pm - 2.15 pm	Silent sitting
2.15 pm - 3.00 pm	Reflection on the theme
3.00 pm - 3.10 pm	Break
3.10 pm - 3.40 pm	Small group sharing in breakout rooms Email reflections/questions from group by 3.30pm
3.45 pm - 4.25 pm	Q & A Closing chant*
4.25 pm - 4.30 pm	Announcements and End

* Chanting

We have found that group chanting and Zoom do not go well together. We will mute your individual feeds on Zoom and you can chant individually at home. You will hear Nick lead the chanting.

**Break out room

We encourage you to maintain Noble Silence during the Day of Practice. If you do wish to speak to other participants at lunchtime, we will set up a breakout room which you will have the opportunity to join if you so choose.

Participating in a day of practice whilst in our home environment may present a challenge to many, especially if sharing the space with others. Do your best to make it a quiet and special day with the support of those you might be sharing your accommodation with.