

ALBA *online* Day of Practice

Saturday 13 November 2021

led by Ajahn Amaro (introduced by Nick Carroll)

Programme

Early morning meditation (optional) – join from 6am

6am	Join on Zoom using unique link
6.30am -7.30am	Morning puja and meditation – <i>Nick Carroll</i>

7.30 – 9.00am *Breakfast break*

Main start to the day - join from 9 am

9.00 am	(re) join on zoom
9.10 am - 9.20 am	Technical guidelines
9.20 am - 9.30 am	Welcome and introduction to the day – <i>Nick Carroll</i>
9.30 am - 10.45 am	<i>Ajahn Amaro</i> <ul style="list-style-type: none">- Paying respects- Opening chant, three Refuges and five Precepts*- Sitting guided and silent meditation
10.50 am -12.30 pm	Walking meditation and silent sitting – <i>Nick Carroll</i>

12.30 pm - 2.00 pm *Lunch break*

- Email questions to alba.amaravati@gmail.com **by 1.30pm**
- Questions will be forwarded to Ajahn Amaro and answered in the afternoon

2:00 pm – 4.15 pm	<i>Ajahn Amaro</i> <ul style="list-style-type: none">- Reflections, Q &A with short break and silent sitting
4.15 pm - 4.25 pm	Closing reflections and 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 *Ajahn Amaro* lead the chanting.

We encourage you to maintain Noble Silence during the Day of Practice. However, 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.