

ALBA *online* Day of Practice

Saturday 11 December 2021

led by Randula Haththotuwa

Programme

Zoom link - <https://us02web.zoom.us/j/86519339952>

Early morning meditation (optional)

6am Join with Zoom link
6.30am - 7.30am Morning puja and meditation

Main start to the day

9.15am (re) join on zoom
9.25 am - 9.30 am Technical guidelines for the day
9.30 am - 9.50 am Introducing the day, opportunity to say hello
9.50 am - 10.45 am Opening chant, three Refuges and five Precepts*
Sitting meditation
10.45 am - 11.30 am Walking meditation *or* Welcome group
11.30 am - 12.30 pm Sitting meditation, reflections
12.30 pm - 2.00 pm **Break for meal**
Email questions to alba.amaravati@gmail.com **by 2pm**
2:00 pm – 3.00 pm Silent sitting, Reflection on the theme
3.00 pm - 3.10 pm Break/Walking meditation
3.10 pm - 3.40 pm Walking meditation *or* small group sharing
Email reflections or questions from group **by 3.30pm**
3.45 pm - 4.25 pm Silent sitting, 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 *Randula* 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.