

# ALBA online Day of Practice

## 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

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### 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](mailto: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

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#### \* 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 *the leader* 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.