

ALBA *online* Retreat

Friday 4th to Sunday 6th March 2022

led by Randula and Martin

Programme

Friday

| | |
|----------------|--------------------------------------|
| 7.45 pm | Login on zoom |
| 8.00 – 8.15 pm | Welcome and opportunity to say Hello |
| 8.15 - 8.30 pm | Introduction from leaders |
| 8.30 - 9.30 pm | Precepts, chanting, meditation |

Saturday

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|-----------------------|---|
| 6.00 – 6.30 am | Login and settling in |
| 6.30 – 7.30 am | Morning puja and meditation |
| 7.30 – 9.00 am | Breakfast |
| 9.00am – noon | Sitting and walking meditation, reflections |
| Noon – 2.30 pm | Lunch |
| 2.30 – 5.30 pm | Afternoon meditation, reflections, Q&A |
| 5.30 - 7.30 pm | Break |
| 7.30- 9.30 pm | Evening puja, meditation, reflections |

Sunday

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|-----------------------|---|
| 6.00 – 6.30 am | Login and settling in |
| 6.30 – 7.30 am | Morning puja and meditation |
| 7.30 – 9.00 am | Breakfast |
| 9.00 am– noon | Sitting and walking meditation, reflections |
| Noon – 2.30 pm | Lunch |
| 2.30 – 5.00 pm | Afternoon meditation, reflections, Q&A |
| 5.00 – 5.30 pm | Open forum to say hello |

Chanting:

Group chanting and Zoom do not go well together. *Martin and Randula* will lead the chanting. Please mute yourself and join in.

Q&A:

Please submit questions via email by 2pm on Saturday or Sunday to alba.amaravati@gmail.com