



ALBA (hybrid) day of practice

Simile of the Cloth

Saturday 14 May 2022

Led by Randula Haththotuwa - morning; Ajahn Khemaka (Senior nun) - afternoon

IN-PERSON Programme

Registration – Bodhinyana hall

9.00am Registration
9.30am Orientation talk

Retreat centre shrine room

9.45 am Introducing the day, opportunity to say hello
10.00 am Opening chant, three Refuges and five Precepts*
Sitting meditation
10.45 am Walking meditation
11.30 am Sitting meditation, reflections
12.30 pm - 2.00 pm Break for meal
2:00 pm Dhamma talk; Q &A with Ajahn Khemaka
4.25 pm Announcements and End

