



ALBA (hybrid) day of practice

ONLINE Programme

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

Early morning meditation (optional)

5.55am	Join with zoom link
6 -7am	Morning puja and meditation

Main start to the day

9.30am	(re) join on zoom Orientation talk 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
4.25 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 the chanting from the shrine room.

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.