



ALBA Day of Practice (Hybrid event)

IN-PERSON Programme

Registration – Bodhinyana hall

9.00am Registration

Retreat centre shrine room

- 9.30am 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

