



ALBA (hybrid) Day Retreat

IN-PERSON Programme

Retreat centre shrine room

9.00am – 9.30am	Registration
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/ small group discussions
4.25 pm	Announcements and End

