



# ALBA Weekend Retreat (Hybrid event)

## Programme

11 – 12 March 2023

Welcome to join flexibly in person (Retreat centre shrine room) or online on zoom

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

### Saturday and Sunday\*\*

6 – 7am	Online only - morning puja and meditation
9am	<b>In-person registration - Retreat centre shrine room</b>
9.30 am	<b>Login on zoom</b>
9.30 am – 9.40am	Orientation talk
9.45am – 12.30pm	Introduction and Three Refuges and Five Precepts Sitting and walking meditation Reflections
12. 30pm - 1.50 pm	<b>Break for meal</b>
2 - 5pm **	Sitting and walking meditation and Q &A
5– 7pm	<b>Break</b> <i>[30- 40 minutes Qigong (optional) starts at 5pm]</i>
7- 9pm	Evening puja, meditation and Dhamma talk

**\*\* Retreat ends Sunday at 5pm\*\***

