

ALBA *online* Day of Practice

Saturday 24 October 2020

'Generosity and Gratitude'

led by Ajahn Amaro

Programme

9 am	Join on Zoom using unique link and password
9.10 am	Technical guidelines for the day
9.20 am	Welcome and Introducing the day
9.30 am	Ajahn Amaro - Opening chant, Three Refuges and Five Precepts* Sitting meditation and some reflections
10.50 am	Walking meditation and silent sitting
12.30 pm - 2.00 pm	Break for meal Email questions to buddhacommunity@gmail.com by 1.30 pm Questions will be forwarded to Ajahn Amaro to be answered in the afternoon
2:00 pm	Ajahn Amaro – Reflections, Q&A, short break and silent sitting.
4.15 pm	Closing reflections and closing chant*
4.25 pm	Announcements
4.30 pm	End

* Chanting

Except for Ajahn Amaro, all individual microphones will be muted during the chanting and taking of the three refuges and five precepts as well as during the day in order to avoid echoing.

Some guidance for a day of practice from home

- Participating in a day of practice can be challenging when sharing living space with others. Do your best to make it a quiet and special day asking family and friends to minimise their interactions with you, by not listening to the news, not watching TV or following social media.

- Observe silence as best you can, keep your food intake simple and enjoy a quiet reflective day!