

ALBA online Day of Practice

Saturday 21 November 2020

'True Freedom – Beyond happiness and sadness'

led by Martin Evans and Randula Haththotuwa

Programme

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| 9.25 am - 9.35 am | Join on Zoom using unique link and password |
| 9.35 am - 9.40 am | Technical guidelines for the day |
| 9.40 am - 9.50 am | Introducing the day |
| 9.50 am - 10.45 am | Opening chant, three Refuges and five Precepts* Sitting meditation |
| 10.45 am -11.30 am | Walking meditation |
| 11.30 am - 12.30 pm | Sitting meditation, reflections |
| 12.30 pm - 2.00 pm | Break for meal Email questions to alba.amaravati@gmail.com by 2pm |
| 2:00 pm – 3.00 pm | Silent sitting, Reflection on the theme |
| 3.00 pm - 3.10 pm | Break/Walking meditation |
| 3.10 pm - 3.40 pm | Small group sharing in breakout rooms Email reflections/questions from group by 3.30pm |
| 3.45 pm - 4.25 pm | Silent sitting, Q & A, Closing chant* |
| 4.25 pm – 4.30 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 *Martin or Randula* lead the chanting.

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.