

## ALBA *online* Retreat

Friday 2<sup>nd</sup> to Sunday 4th April 2021

### *A handful of leaves*

led by Martin Evans and Randula Haththotuwa

#### Programme

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#### Friday

7.30 pm	Login on zoom
7.45 – 8 pm	Zoom technicalities
8- 8.15 pm	Guidance on retreat
8.15-9.30 pm	Precepts, chanting, evening sit

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#### Saturday

6am	Login and settling in
6.30 – 7.30am	Morning puja and meditation
<b>7.30am – 9am</b>	<b>Breakfast</b>
9.00am – noon	Sitting, walking meditation, reflections
<b>Noon – 2.30pm</b>	<b>Lunch</b>
2.30 - 5 pm	Afternoon sitting, reflections, QA
<b>5 - 7.30pm</b>	<b>Break</b>
7.30- 9 pm	Evening puja, sitting, reflections

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#### Sunday

6am	Login and settling in
6.30 – 7.30am	Morning puja and meditation
<b>7.30am – 9am</b>	<b>Breakfast</b>
9.00am – noon	Sitting, walking meditation, reflections
<b>Noon – 2.30pm</b>	<b>Lunch</b>
2.30 - 5 pm	Afternoon sitting, reflections, QA
5 – 5.30pm	Open forum to say hello

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#### \* 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 and Randula* lead the chanting.