

ALBA online Day of Practice

Saturday 24 April 2021

'Path to the present'

led by Nick Carroll

Programme

Early morning meditation (optional)

6am

6.30am - 7.30am

Join on Zoom using unique link and password

Morning puja and meditation

*

Main start to the day

9.25 am - 9.30 am

(re)Join on Zoom using unique link and password

9.30 am - 9.35 am

Technical guidelines for the day

9.35 am - 9.45 am

Introducing the day

9.45 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 *Nick* 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.