

ALBA *online* Day of Practice

Saturday 29 May 2021

Lessons from Lockdown

Led by Ajahn Candasiri

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 and welcoming Ajahn Candasiri

9.45 am – 12.30 pm

Opening chant, three Refuges and five Precepts*

Reflections and guided meditation (sitting and walking)

12.30 – 2.00pm

Break for meal

Email questions to alba.amaravati@gmail.com **by 1.30 pm**

2:00 pm – 4.15 pm

Ajahn Candasiri – Reflections, Q&A, sitting

4.15pm

Closing reflections and chant

4.25 pm

Announcements and thanks

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 *Ajahn Candasiri* 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.