



## 25 November Day Retreat (Hybrid event) Programme

Welcome to join in person (Retreat centre shrine room) or online on zoom

Zoom login:

<https://us02web.zoom.us/j/86519339952?pwd=dmRubExHYoRLdHlFeXZOMk9lToZPdzo9>

Or Meeting ID: 865 1933 9952 and Passcode: 978152

6.30 – 7.30am Online only - morning puja and meditation

**From 9am**

**In-person registration**

**9.25 am**

**Login on zoom**

9.30 am -10.00 am

Introduction by Ajahn Asoko

10.00am – 11.00am

Helping with Kathina preparations  
Walking meditation for online participants

11.00 am -11.15am

Clearing up and gathering back

11.15 am – 12.45 pm

Sitting and walking meditation with Nick Carroll

**12.45 pm - 2 pm**

**Break for meal**

1:50 pm

Gather in shrine room and on zoom

2.00 - 4.25 pm

With Ajahn Asoko  
Refuges and Precepts, Dhamma talk and Q &A

4.25pm

Announcements, thanks and clearing

