



Online Retreat - 25 May 2024

Led by Ajahn Candasiri

**Programme**

Welcome to join online on zoom

Zoom login:

<https://us02web.zoom.us/j/86519339952?pwd=dmRubExHY0RLdHlFeXZOMk9lT0ZPd09>

Or Meeting ID: 865 1933 9952 and Passcode: 978152

6.30 – 7.30am	Morning puja and meditation
9.25 am -9.30 am	Login on zoom Introducing the day
9.30 am – 12.00 pm	Three Refuges and Five Precepts Sitting and walking meditation, reflections
<b>12.00 pm - 1.30 pm</b>	<b>Break for meal</b>
1.30 pm - 4.25 pm	Meditation, Dhamma talk and Q &A
4.25pm	Announcements & Thanks