



Online Retreat – 22 June 2024

Led by Martin Evans

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
9.30 am – 12.00 pm	Three Refuges and Five Precepts Sitting and walking meditation, reflections
12.30 pm - 1.45 pm	Break for meal
1.45 pm - 4.25 pm	Sitting, Dhamma talk, Small group discussions and Q&A
4.25pm	Announcements & Thanks