



ALBA One-Day Retreat Programme - 12 July 2025

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

Zoom login: <https://us02web.zoom.us/j/86519339952?pwd=dmRubExHY0RLdHlFeXZOMk9lT0ZPd309>
Or Meeting ID: 865 1933 9952 and Passcode: 978152

6.30 am - 7.30am	<i>Online only</i> - morning puja and meditation (<i>Randula</i>)
From 9am	In-person registration - Retreat centre kitchen
9.30 am	Login on zoom Orientation talk - in-person & online
9.40 am	Gather in shrine room
9.45am – 11.20pm	<i>Luang Por Pasanno</i> Three Refuges & Five Precepts Sitting & walking meditation, reflections
11.20 pm - 12.30 pm	Sitting & Walking Meditation (<i>Randula</i>)
12.30pm	Break for meal
1:50 pm	Gather in shrine room and on zoom
2.00 - 4.25 pm	<i>Luang Por Pasanno</i> Dhamma talk and Q & A Closing chant & closing homage
4.25pm	Announcements, thanks and clearing up

