

ALBA Six Day Retreat

31 July - 5 August 2026

Programme - In person

Friday 5.00–7.00pm Arrival & Registration
6.00 pm **Light meal** – Retreat Centre Kitchen
7.10 pm **Orientation** – Retreat Centre Kitchen

8.00 pm **Introduction & opening meditation** - retreat centre shrine room
9.15 pm Own time / sleep (lights out in dormitories and shared rooms 10pm)

Saturday to Tuesday

5.30 am **Wake up bell**
6.10 am Meditation – Retreat Centre Shrine Room

7.30 am **Breakfast** – Retreat Centre Kitchen
8.15 am Working meditation, chopping vegetables, breakfast clear up etc
9.00 am Meditation in Retreat Shrine Room

12.30pm **Meal** – Retreat Centre Kitchen
2.00 pm Optional Walking Meditation
2.30 pm Meditation – Retreat Centre Shrine Room

5.30 pm Yoga / Qigong (optional)
6.15 pm **Tea** / own time

7.30 pm **Puja** / meditation / talk – shrine room
9.20 pm Own time / sleep (lights out in dormitories and shared rooms @ 10.00pm)

Wednesday

5.30 am **Wake up bell**
6.10 am Meditation - shrine room

7.30 am **Breakfast** – Retreat Centre Kitchen
8.15 am Working meditation, chopping vegetables, breakfast clear up etc
9.00 am Meditation
10.00 am Clean rooms/ Walking meditation
11.00am Meditation, Shared discussion & closing retreat – shrine room

12.30pm **Meal** *silence will be lifted*
1.00 - 2.00pm Leaders in Sangha Room
1.15 - 2.15pm Final clean of kitchen and RC

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Programme - Online

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

Or Meeting ID: 865 1933 9952 and Passcode: 978152

Friday **7.45 pm** **Login on zoom and Orientation**
 8.00 pm **Introduction & opening meditation**
 9.30 pm Own time / sleep

Saturday to Tuesday

6.10 am Sitting Meditation

7.30 am **Breakfast** / own time
9.00 am Sitting Meditation and walking Meditation

12.30pm **Meal**
2.00 pm Optional Walking Meditation
2.30 pm Sitting Meditation and walking Meditation

5.30 pm Yoga / Qigong (optional)
6.15 pm **Tea** / own time

7.30 pm **Puja** / sitting meditation / talk
9.30 pm Own time / sleep

Wednesday

6.10 am Meditation

7.30 am **Breakfast** / own time

9.00 am Sitting Meditation
10.00 am Walking meditation
11.00am Sitting Meditation, Shared discussion & closing retreat

12.30pm **Retreat finishes online**