



One-Day Retreat (Hybrid event)

Programme

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

Zoom login: <https://us02web.zoom.us/j/86519339952>

6 – 7am	Online only - morning puja and meditation
Form 9am	In-person registration
9.30 am -10.00 am	Login on zoom: https://us02web.zoom.us/j/86519339952 Orientation talk, Introducing the day, Opportunity to say Hello
10.00am – 12.45pm	Three Refuges and Five Precepts Sitting and walking meditation, reflections
12.45 pm - 1.45 pm	Break for meal
1:50 pm	Gather in shrine room and on zoom
2.00 - 4.25 pm	Dhamma talk, small group discussions and Q &A
4.25pm	Announcements, thanks and clearing up

