

ONLINE SCHEDULE

First Evening: YouTube 19.30

Intro. to course

Refuges and Precepts (Choice of Five or Eight Precepts see below)

Standing and Sitting Meditation

Option 1 – Full schedule:

06.00 - 07.30 Sitting meditation, Morning Chant, followed by Q&A

09.00 - 10.00 Sitting meditation

10.00 - 11.00 Walking meditation

11.00 - 12.00 Sitting Meditation

Lunch

14.00 - 15.00 Sitting Meditation

15.00 - 16.00 Walking Meditation

16.00 - 17.00 Sitting Meditation

Tea and Walking Meditation

18.00 - 18.45 Dhamma Talk (Download)

18.45 - 19.15 Walking Meditation

19.15 - 20.00 Sitting Meditation

20.00 - 20.30 Walking Meditation

20.30 - 21.10 Sitting, Metta and Joy Practice

Option 2: Tailoring Schedule to your own situation:

06.00 – 07.30 Sitting meditation, Morning chant, followed by Q&A

18.00 – 18.45 Dhamma Talk

20.30 - 21.10 Sitting, Joy and Metta Practice