

Meditating with the Buddha

an online retreat for mitras

Friday 15th Jan		
7:00 pm	Introduction	Jayagupta
7:15 pm	Welcome and ritual (Tiratana Vandana)	Maitridasa Sanghagita
7:30 pm	Meditation	Jayagupta
8: 45 pm	Recommended silent period (shaded)	
Saturday 16th		
7:00 am	Tiratana Vandana and meditation	Sanghagita Jayagupta
8:00 am	Second meditation	Jayagupta
9:00 am	Breakfast	Cesca
10:30 am	Meditation workshop 1	Jayagupta
12:00 am	Group review	Breakout rooms
12:30 pm	Lunch	Cesca
4:00 pm	Double meditation	Jayagupta
6:30 -7:30 pm	Individual meditation reviews 1	Breakout rooms
8:00 pm	Puja and meditation	Bodhinaga
Sunday 17th		
7:00 am	Tiratana Vandana and meditation	Sanghagita Jayagupta
8:00 am	Second meditation	Jayagupta
9:00 am	Breakfast	Emma
10:30 am	Meditation workshop 2	Jayagupta
12:00 – 1:00pm	Meditation reviews 2	Breakout rooms
1:00 pm	Recommended silent period ends	
1:00 pm	Lunch	Emma
2:00 pm	Meditation and closing ritual	Maitridasa Jayagupta
2:30 pm	Check out and retreat ending	All