

Birmingham Buddhist Vihara

10-Days Vipassanā Meditation Retreat Timetable Abhidhamma & Vipassanā (16 – 25 August, 2019)

Friday, 16th August

07:30 pm Opening & Instructions
09:00 pm Rest

Saturday 16th to Saturday 24th August

05:15 am Wake up
05:30 am Sitting Meditation
06:00 am Chanting
06:30 am Breakfast for Monks
07:00 am Breakfast for Lay Meditators
08:00 am Walking Meditation
09:00 am* Sitting Meditation
10:00 am Instruction for beginner / Walking Meditation
11:00 am Lunch for Monks
11:15 am Lunch for Lay Meditators
12:00 am Rest
01:00 pm Sitting Meditation
02:00 pm Walking Meditation
03:00 pm Dhamma Talk *
04:00 pm Teatime / Interview (from Monday to Saturday)
05:00 pm Walking Meditation
06:00 pm Sitting Meditation
07:00 pm Walking Meditation
08:00 pm Dhamma Talk*
09:00 pm Question and Answer
09:30 pm Rest

Sunday, 25th August

05:15 am to 02:00 pm as above
02:00 pm Walking Meditation
02:30 pm Metta Meditation
03:00 pm Dhamma Talk
04:00 pm End of Retreat

All meditators must observe the Noble Silence and Nine Precepts from the beginning of the retreat until it ends on Sunday, 25th August.

* **Non-resident meditators may join the group on Saturday 17th August from 09:00 am.**

May All Beings Be Happy!

**Led by Dr Ottara Nyāna(Aggamahā Padita)
Birmingham Buddhist Vihara,UK.**