

Day Retreat Programme

0900 - 1000	Introductory Dhamma Talk
1000 - 1100	Sitting Meditation
1100 - 1200	Lunch
1200 - 1300	Walking Meditation
1300 - 1400	Sitting Meditation
1400 - 1430	Walking Meditation
1430 - 1530	Dhamma Discussion — Q&A session
1530 - 1630	Sitting Meditation