



## One Day Meditation Retreat At Buddha Bodhivana Monastery

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### Magha Puja

Saturday 23<sup>rd</sup> February 2019

#### REQUIREMENTS FOR PARTICIPANTS

- All participants must keep the Eight Precepts
- All participants must wear white clothing
- No food is to be consumed after midday
- No talking at the meditation hall
- No food or drink to be taken into the Meditation Hall
- All participants must follow the retreat schedule
- Please minimize conversation at the kitchen area
- All participants must over eighteen years old



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(Magha Puja)

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## Programme

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|---------|---|
| 8.15am  | Participants Arrive   |
| 8.30am  | Taking Refuge in the Triple Gem and<br>the Eight Precepts, Dhamma Talk by<br>Venerable Luang Por Liem |
| 9.30am  | Walking Meditation  |
| 10.00am | Sitting Meditation  |
| 10.30am | Pindapata Offering and Blessing   |
| 11.00am | Lunch for All   |
| 11.45am | Clean Up  |
| 12.00pm | Dhamma Talk   |
| 1.00pm  | Walking Meditation  |
| 1.45pm  | Sitting Meditation  |
| 2.45pm  | Walking Meditation  |
| 3.15pm  | Sitting Meditation  |
| 4.00pm  | Refreshments<br>Walking Meditation  |
| 4.30pm  | Evening Puja and Meditation<br>Candlelit Procession<br>Final Dhamma Talk                              |
| 6.00pm  | Finish  |

