

Online Meditation Retreat with Ajahn Vajiro

9 April 2021, 7pm — 11 April 2021, 1pm

Lisbon, Portugal [GMT]

Attention

This programme is still subject to changes and adaptations.

Other timezones: as this is an online retreat according to London/Lisbon time, participants in other timezones are encouraged to attend the Dhamma talks and guided meditations, and to meditate on one's own during the day time.

Day 1 9th April	7:00 pm — 7:30 pm	Welcoming and briefing of retreat guidelines	Zoom
	7:30 pm — 9:00 pm	Chanting, asking for precepts & guided meditation	Zoom w/ Ajahn Vajiro
	9:00 pm	Rest	
Day 2 10th April	6:00 am — 7:00 am	Morning chanting/meditation (optional)	Zoom w/ Ajahn Vajiro
	7:00 am — 7:55 am	Breakfast / free time	
	8:00 am — 9:45 am	Dhamma talk & sitting group meditation	Zoom w/ Ajahn Vajiro
	10:00 am — 1:55 pm	Personal practice / lunch / free time	
	2:00 pm — 2:40 pm	Sitting group meditation	Zoom w/ Ajahn Vajiro
	2:45 pm — 3:10 pm	Walking meditation	
	3:15 pm — 4:15 pm	Questions & Answers with Ajahn Vajiro	Zoom w/ Ajahn Vajiro
	4:15 pm — 5:00 pm	Personal practice	
	5:00 pm — 6:55 pm	Tea / free time	
	7:00 pm — 7:30 pm	Sitting group meditation	Zoom w/ Ajahn Vajiro
	7:30 pm — 9:00 pm	Evening Chanting & Dhamma talk	Zoom w/ Ajahn Vajiro
	9:00 pm	Rest	
Day 3 11th April	6:00 am — 7:00 am	Morning chanting/meditation	Zoom w/ Ajahn Vajiro
	7:00 am — 7:55 am	Breakfast / free time	
	8:00 am — 9:45 am	Dhamma talk & sitting group meditation	Zoom w/ Ajahn Vajiro
	10:00 am — 11:25 pm	Personal practice / lunch / free time	
	11:30 am — 1:00 pm	Questions & Answers / final instructions & goodbye	Zoom w/ Ajahn Vajiro