



Birmingham Buddhist Vihara Trust



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Registered Charity No: 513368

www.birminghambuddhistvihara.org

10-Days Vipassanā Meditation Retreat Timetable

(16th - 25th August 2024)

Friday 16th August

7:30 pm Opening and Instructions
9:00 pm Rest

Saturday 17th to Saturday 24th August

5:15 am Wake up.
5:30 am Sitting Meditation
6:00 am Chanting
6:30 am Breakfast for Monks
7:00 am Breakfast for Lay Meditators
8:00 am Walking Meditation
9:00 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 pm Rest
1:00 pm Sitting Meditation
2:00 pm Walking Meditation
3:00 pm Dhamma Talk *
4:00 pm Teatime / Interview (from Monday to Saturday)
5:00 pm Walking Meditation
6:00 pm Sitting Meditation
7:00 pm Walking Meditation
8:00 pm Dhamma Talk*
9:00 pm Question and Answer
9:30 pm Rest

Sunday 25th August

5:15 am to 2:00 pm as above
2:00 pm Walking Meditation
2:30 pm Metta Meditation
3:00 pm Dhamma Talk
4:00 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, 27th August.

* Non-resident meditators may join the group from 09:00 am.

May All Beings Be Happy!

Led by Dr Ottara Nyāna(Aggamahā Padita)
Birmingham Buddhist Vihara