

Birmingham Buddhist Vihara

Easter Mettā Meditation Retreat Timetable (18th – 21st April 2025)

Friday, 18th April

04:00 pm Opening & Instructions
09:00 pm Rest

Saturday 19th to Sunday 20th April

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

Monday 21st April

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 Monday, 21st April.

*** 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,UK.**