

Urban Retreat

Sat 12–Fri 18 Sep

- In-person & online event
- In-person event
- Online event

	Sat 12 Sep	Sun 13 Sep	Mon 14 Sep	Tue 15 Sep	Wed 16 Sep	Thu 17 Sep	Fri 18 Sep
Morning 7.00am–1.00pm		Introduction to Meditation Morning (Beginners) Sanghadharin & Alokasara 10.00am–1.00pm	Morning Meditation Sanghadharin & Alokasara 7.00–8.00am				
		Total Immersion Day (Regulars) Amalavira & Tejasvati 10.00am–1.00pm	Yoga in the Park 9.00–10.00am	Tibetan Yoga 9.00–10.00am	Mandala Running Club 8.15–9.00am	Tibetan Yoga 9.00–10.00am	Yoga in the Park 9.00–10.00am
					Wednesday Daytime Class 10.45–12.30am		
Lunch time 1.00–2.00pm			Lunchtime Meditation Toolkit Tejasvati & Amalavira 1.00–2.00pm				
Afternoon 2.15–6.30pm	Online Opening Ceremony 2.30–3.30pm			Volunteering Session 2.15–3.15pm		Volunteering Session 2.15–3.15pm	
	Opening Ceremony 2.30–5.00pm		Music: The Art of Listening Amalavira 3.30–5.00pm			Dharma Study Session Sthiramanas 3.30–5.00pm	Art Tour at the National Gallery Prajnanayaka 2.30–5.00pm
				Online Check in 5.15–6.00pm			
				Qigong 5.30–6.30pm	Mantra Class 5.30–6.30pm		Online Closing Ritual 6.00–6.30pm
Evening 6.30–9.30pm	Film Night Past Lives 7.15–9.15pm		Evening Sessions: Meditation and Keynote Talk 7.15–9.30pm				Closing Ritual and Celebration in The Mandala with Feast and Live Music 6.30–9.30pm
			The Courage to Face Life Suryagupta	Why Aren't We Happy?	Seeing the Nature of Things Maitreyabandhu	The Path to Enlightenment Paramabandhu	

