

Melbourne Weekend Meditation Retreat Programme

15th March (Friday)

Arrive before 7pm

Dinner from 7-8pm

Welcome talk 8-8.30pm (please do not miss the welcome talk as we will go through the things to be aware of during the retreat)

Amitabha Chanting meditation 8.30-9pm

Sleep and lights off 9.30pm

(Please hand in your mobile phones, if you must check it, pls let our assistant know. We can also give you a designated time to check during the weekend. This is also for us to have a digital detox. There are enormous benefits to have a digital detox).

16th March (Saturday)

Wake up 5.30am

Early morning meditation session 6-6.45am

6.45-7am 8 Precepts Observation (optional)

7-7.45am Breakfast

8-8.30am - Dharma Talk

8.30-9.30am Walking Meditation

9.30-10am Chanting & silent sitting meditation

10-11am Dharma Talk

11-12pm Lunch

12-2pm Nap/break/self-practice

2-3pm Nianfo meditation

3-4pm Walking Nianfo meditation

4-5pm Dharma talk

5-6pm Amitufo Yoga (optional) /Dinner

6-7pm Self-practice

7-8.30pm Pure Land Concert

9pm light off/sleep

17th March (Sunday)

Wake up 5.30am

Early morning meditation session 6-6.45am

6.45-7am 8 Precepts Observation (optional)

7-7.45am Breakfast

8-8.30am - Dharma Talk

8.30-9.30am Walking Meditation

9.30-10am Chanting & silent sitting meditation

10-11am Dharma Talk

11-12pm Lunch

12-2pm Afternoon Meditation & Final Merit Transfer

The programme is indicative only and is subject to change during the weekend.

Namo Amitabha
Namo Amitufo