

## **Two days Meditation Retreat By Bhante Jinalankara**

**August 2022:**

8:00 – 9:30am	Basic preparation, Chanting, Introduction for meditation & sitting meditation
9:30 – 10:30am	Walking meditation
10:30 – 11:00am	Sitting or walking meditation (optional)
11:00 – 12:00am	Lunch break [Dana]
12:00 – 1:00pm	Sitting or walking meditation (optional)
1:00 – 2:00pm	Question & Answers
2:00 – 3:00pm	Sitting meditation
3:00 – 3:30pm	Silent tea break
3:30- 4:30pm	Walking meditation
4:30 – 5:00pm	Sitting meditation
5:00 – 5:30pm	Dedicating merits and end of the program