Mindfulness Meditation with Yoga Retreat with Bhante Yogavacara Rahula

Program

Saturday

5.30 am--Wake up
5.45 am.-Yoga
5.45-6.45--Sitting meditation
7.00 am—Breakfast
8:00-8:45 Working Meditation
8.45 am Instructions followed by sitting, standing and walking and sitting until 11.15 am.
11.30-lunch, rest
1.-1.30 walking meditation outside.
2 pm Dhamma talk
3 pm; standing followed by sitting meditation and walking awareness.
5 pm Yoga outside.
6 pm tea break.
7 pm- puja and Q &A
8 pm Meditation

Sunday

Same Saturday schedule until 3 pm.
Retreat finished.