



# Online **MASR** 2020

Mindful Awareness & Serenity Retreat

*With Ayasma Aggacitta*  
(9-15 November 2020)  
Daily Programme

DAY 1 (Monday 9 Nov)	
08:45am	Log in to Zoom ID: [ 87292283182 ] Password: [ 4342711 ]
09:00	Online Registration & Briefing for All Yogis
09:30	Observing 8 Precepts & Forgiveness
10:00	<i>Introductory Talk &amp; Intro to Buddhānussati</i> Recitation of Araham (follow MP3 for 10 mins, thereafter privately)
10:30	Recite Araham in Any Posture or While Unwinding
12:00 noon	Recite Araham During Lunch & Clean-up
01:00pm	Recite Araham in Any Posture or While Unwinding
06:50	Log in to Zoom ID: [ 87292283182 ] Password: [ 4342711 ]
07:00	<i>Introduction to Mettā Meditation</i> Group Recitation of Sukhino (follow MP3 for 10 mins, thereafter privately)
07:45	Recite Sukhino in Any Posture
08:50	Log in to Zoom ID: [ 87292283182 ] Password: [ 4342711 ]
09:00	Closing Chants (MP4)
09:15	Recite Sukhino Until Retire
10:00	End of Day

DAY 2 (Tuesday 10 Nov)	
05:45am	Log in to Zoom ID: [ 87292283182 ] Password: [ 4342711 ]
06:00	Recitation of Araham and Sukhino (follow MP3 for 10 mins each)
06.20	Recite Sukhino in Any Posture
07:30	Recite Sukhino During Breakfast
08:00	Recite Sukhino in Any Posture
10:05	Log in to Zoom ID: [ 87292283182 ] Password: [ 4342711 ]
10:15	Intro to Open Awareness Meditation with Dhamma Rhymes (GOAM 1.MP3 – 55.13 mins)

11:10	Mindful Personal Practice in Any Posture
12:00 noon	Mindful Lunch & Clean-up
01:00pm	Mindful Rest
02:00	Mindful Personal Practice in Any Posture
<b>06:30</b>	<b>Log in to Zoom ID: [ 87292283182 ] Password: [ 4342711 ]</b>
06:40	Recitation of Araham and Sukhino (follow MP3 for 5 mins each)
06:50	Group Recitation of Dhamma Rhymes ( <i>ADA Anchor, Free n Easy, Point n Shoot</i> – follow MP3 until Dhamma Talk commences)
07:00	Dhamma Talk: <i>Approach, Methodology, 4 Rs of Sati, 5-6-1, ADA Anchor</i>
08:30	Closing Chants (MP4)
08:45	Mindful Personal Practice in Any Posture
10:00	Mindful Rest

<b>DAY 3 (Wednesday 11 Nov) to DAY 5 (Friday 13 Nov)</b>	
<b>05:45am</b>	<b>Log in to Zoom ID: [ 87292283182 ] Password: [ 4342711 ]</b>
06:00	Recitation of Araham and Sukhino (follow MP3 for 10 mins each)
06:20	Group Recitation of Dhamma Rhymes (follow MP3 until Guided Meditation commences)
Wed (11/11)	<i>4 Rs of Sati, 5-6-1, ADA Anchor, Free n Easy, Point n Shoot</i>
Thur (12/11)	<i>4 Rs of Sati, 5-6-1, ADA Anchor, Free n Easy, Point n Shoot, BARR, BeT n TiP Me</i>
Fri (13/11)	<i>4 Rs of Sati, 5-6-1, ADA Anchor, Free n Easy, Point n Shoot, BARR, BeT n TiP Me</i>
06.30	Guided Meditation
Wed (11/11)	Guided Panoramic Awareness Meditation with Q&A (GOAM2.MP3 – 31.23 mins + 19.25 mins) [Requires facing outdoors]
Thur (12/11)	Guided Open Awareness Meditation (GOAM3.MP3 – 36.19 mins)
Fri (13/11)	Guided Open Awareness Meditation (GOAM4.MP3 – 32.03 mins)
07:10	Mindful Break
07:30	Mindful Breakfast & Clean-up
08:15	Mindful Personal Practice in Any Posture
<b>08:20</b>	<b>Log in to Zoom ID: [ 87292283182 ] Password : [ 4342711 ]</b> <b>Group login time as per the Interview Session List</b>
08:30	Interview/Mindful Personal Practice in Any Posture

	Small Group Interviews (5 pax + observers; 20 mins/group). <i>Those not involved with interviews are to continue their personal practice.</i>
12:00 noon	Mindful Lunch & Clean-up
01:00pm	Mindful Rest
02:00	Mindful Personal Practice in Any Posture
<b>02:50</b>	<b>Log in to Zoom ID: [ 87292283182 ] Password: [ 4342711 ]</b> <b>Group login time as per the Interview Session List</b>
03:00	Interview/ Mindful Personal Practice in Any Posture Small Group Interviews (5 pax + observers; 20 mins/group). <i>Those not involved with interviews are to continue their personal practice</i>
<b>06:30</b>	<b>Log in to Zoom ID: [ 87292283182 ] Password: [ 4342711 ]</b>
06:40	Recitation of Araham and Sukhino (follow MP3 for 5 mins each)
06:50	Group Recitation of Dhamma Rhymes (follow MP3 until Dhamma Talk commences)
Wed (11/11)	<i>4 Rs of Sati, 5-6-1, ADA Anchor, Free n Easy, Point n Shoot</i>
Thur (12/11)	<i>4 Rs of Sati, 5-6-1, ADA Anchor, Free n Easy, Point n Shoot, BARR, BeT n TiP Me</i>
Fri (13/1)	<i>4 Rs of Sati, 5-6-1, ADA Anchor, Free n Easy, Point n Shoot, BARR, BeT n TiP Me</i>
07:00	Dhamma Talk:
Wed (11/11)	<i>Sati, Samādhī &amp; Sampajañña</i>
Thur (12/11)	<i>Serenity and Insight</i>
Fri (13/11)	<i>Noble Eightfold Path (1-5)</i>
08:30	Closing Chants (MP4)
08:45	Mindful Personal Practice in Any Posture
10:00	Mindful Rest

<b>DAY 6 (Saturday 14 Nov)</b>	
<b>05:45am</b>	<b>Log in to Zoom ID: [ 87292283182 ] Password: [ 4342711 ]</b>
06:00	Recitation of Araham and Sukhino (follow MP3 for 10 mins each)
06:20	Group Recitation of Dhamma Rhymes (4 Rs of Sati, 5-6-1, ADA Anchor, Free n Easy, Point n Shoot, BARR, BeT n TiP Me – follow MP3 until Guided Meditation commences)
06.30	Guided Open Awareness Meditation (GOAM5.MP3 – 30:29 mins)
07:10	Mindful Break
07:30	Mindful Breakfast & Clean-up
08:15	Mindful Personal Practice in Any Posture
<b>08:20</b>	<b>Log in to Zoom ID: [ 87292283182 ] Password : [ 4342711 ]</b> <b>Group login time as per the Interview Session List</b>
08:30	Interview/Mindful Personal Practice in Any Posture Small Group Interviews (5 pax + observers; 20 mins/group). <i>Those not involved with interviews are to continue their personal practice.</i>
12:00 noon	Mindful Lunch & Clean-up
01:00pm	Mindful Rest
<b>01:45</b>	<b>Log in to Zoom ID: [ 87292283182 ] Password : [ 4342711 ]</b>
02:00	Instruction for Mindful Conversation
02.10	Mindful Conversation (Breakout Rooms)
02.30	Share & Discuss Mindful Conversation (Main Room)
02.50	Instruction for Mindful Listening
03.00	Mindful Listening (Breakout Rooms – limit 50 groups x 2)
03.20	Share & Discuss Mindful Listening (Main Room)
03:40	Concluding Address: <i>Importance of Conversing &amp; Listening Mindfully</i>
04.00	Mindful Personal Practise in Any Posture
<b>06:30</b>	<b>Log in to Zoom ID: [ 87292283182 ] Password: [ 4342711 ]</b>
06:40	Recitation of Araham and Sukhino (follow MP3 for 5 mins each)
06:50	Group Recitation of Dhamma Rhymes (4 Rs of Sati, 5-6-1, ADA Anchor, Free n Easy, Point n Shoot, BARR, BeT n TiP Me, 4 Rs of Regret – follow MP3 until Dhamma Talk commences)
07:00	Dhamma Talk: <i>Noble Eightfold Path (6-8)</i>
08:30	Closing Chants (MP4)
08:45	Mindful Personal Practice in Any Posture
10:00	Mindful Rest

DAY 7 (Sunday 15 Nov)	
05:45am	Log in to Zoom ID: [ 87292283182 ] Password: [ 4342711 ]
06:00	Recitation of Araham and Sukhino (follow MP3 for 10 mins each)
06:20	Group Recitation of Dhamma Rhymes <i>4 Rs of Sati, 5-6-1, ADA Anchor, Free n Easy, Point n Shoot, BARR, BeT n TiP Me, 4 Rs of Regret</i> – follow MP3 until Guided Meditation commences
06.30	Guided Open Awareness Meditation (GOAM 6.MP3 – 27.06 mins)
07:10	Mindful Break
07:30	Mindful Breakfast & Clean-up
08:20	Log in to Zoom ID: [ 8729228 3182 ] Password: [ 4342711 ]
08:30	Yogis' Feedback
09:15	Dhamma Talk: <i>Closing Advice</i>
10:00	Closing Chants (MP4), Observe 5 Precepts
10:15	Group Zoom Photo
10:30	Check out

*\* Please note the time for your interview and log in to Zoom 10min before your scheduled time. \**

### **Recommended Code of Conduct for Online Home Retreats**

*When not online:*

1. *Mobile devices off or on Airplane mode without wireless.*
2. *Desktop computers off.*
3. *Keep conversations to the minimum (but with wisdom & compassion).*
4. *Avoid reading, even Dhamma material.*
5. *Avoid listening to audio recordings or watching videos even if Dhamma related.*
6. *Avoid leaving your house unnecessarily.*
7. *Avoid carrying out household chores unnecessarily, especially when feeling bored.*
8. *No need to deliberately slow down but maintain normal, unhurried pace.*
9. *Can do exercises, e.g. jogging, cycling, yoga outside the house or in the park in the morning or evening, but do so alone.*