

/Seven-day Vipassana Insight Dialogue retreat

With Bhante Sukhacitto and Elizabeth Faria

Online

Saturday 31 July - Friday 6 August 2021

**NOTE: All times are Malasia MYT Time**

Check your time zone here: <https://www.timeanddate.com/worldclock/converter.html>

**ON-LINE RETREAT SCHEDULE**

**Saturday 31 July**

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**Group Practice Sessions**

There will be two group practice sessions that everyone has agreed to attend:

2:30 pm	Orientation and welcome	All please attend
3:00 pm	Retreat opening	All please attend
4:30 pm	<i>Walking</i>	
5:00 pm	Instructions and relational practice	All please attend
6:00- 7:30 pm	<i>Supper</i>	
7:30 pm	Dharma talk Group sitting	All please attend
9:00 pm	Optional further practice	

**Sunday 1- Thursday 5 August**

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6:30 am	Chanting and Sitting meditation	All please attend
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7:30 am	<i>Breakfast, walk, rest</i>	
<b>9:00 am</b>	<b>Vipassana Insight Dialogue practice</b>	All please attend
12:00 noon	<i>Lunch, walk and rest</i>	
<b>2:30 pm</b>	<b>Vipassana Insight Dialogue practice</b>	All please attend
6:00- 7:30 pm	<i>Supper</i>	
<b>7:30 pm</b>	<b>Dharma talk Group sitting</b>	All please attend
9:00 pm	Optional further practice	

## **Friday 6 August**

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<b>6:30 am</b>	<b>Chanting and Sitting meditation</b>	All please attend
7:30 am	<i>Breakfast, walk, rest</i>	
<b>9:00 am</b>	<b>Vipassana Insight Dialogue practice</b>	All please attend
12:00 noon	<i>Lunch, walk and rest</i>	
2:30 pm	<b>Vipassana Insight Dialogue practice</b>	All please attend
5:00 pm	Retreat closing	
6:00 pm	<i>Retreat ends</i>	