



Online **MASR** 2021

Mindful Awareness & Serenity Retreat

With Āyasmā Aggacitta

(29 May - 4 June 2021)

Daily Programme

| DAY 1 (Saturday 29 May) | |
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| 08:45am | Log in to Zoom ID: [] Password: [] |
| 09:00 | Online Registration & Briefing for All Yogis |
| 09:30 | Observing 8 or 5 Precepts & Forgiveness |
| 10:00 | <i>Introductory Talk & 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: [] Password: [] |
| 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: [] Password: [] |
| 09:00 | Closing Chants (MP4) |
| 09:15 | Recite Sukhino until Retire |
| 10:00 | End of Day |

| DAY 2 (Sunday 30 May) | |
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| 05:45am | Log in to Zoom ID: [] Password: [] |
| 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 |

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| 10:05 | Log in to Zoom ID: [] Password: [] |
| 10:15 | Intro to Open Mindfulness Meditation with Dhamma Rhymes |
| 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 |
| 06:30 | Log in to Zoom ID: [] Password: [] |
| 06:40 | Recitation of Araham and Sukhino |
| 06:50 | Group Recitation of Dhamma Rhymes (<i>ADA Anchor, Free n Easy, Point n Shoot</i> 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 |

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| DAY 3 (Monday 31 May) to DAY 5 (Wednesday 2 June) | |
| 05:45am | Log in to Zoom ID: [] Password: [] |
| 06:00 | Recitation of Araham and Sukhino |
| 06:20 | Group Recitation of Dhamma Rhymes |
| Mon (31/5) | <i>4 Rs of Sati, 5-6-1, ADA Anchor, Free n Easy, Point n Shoot</i> |
| Tue (1/6) | <i>4 Rs of Sati, 5-6-1, ADA Anchor, Free n Easy, Point n Shoot, BARR, BeT n TiP Me</i> |
| Wed (2/6) | <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 |
| Mon (31/5) | Guided Panoramic Mindfulness Meditation with Q&A [Requires facing outdoors] |
| Tue (1/6) | Guided Open Mindfulness Meditation |
| Wed (2/6) | Guided Open Mindfulness Meditation |
| 07:10 | Mindful Break |
| 07:30 | Mindful Breakfast & Clean-up |
| 08:15 | Mindful Personal Practice in Any Posture |
| 08:20 | Log in to Zoom ID: [] Password : [] Group login time as per the Interview Session List |

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| 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 |
| 02:50 | Log in to Zoom ID: [] Password: [] Group login time as per the Interview Session List |
| 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> |
| 06:30 | Log in to Zoom ID: [] Password: [] |
| 06:40 | Recitation of Araham and Sukhino |
| 06:50 | Group Recitation of Dhamma Rhymes until Dhamma Talk commences |
| Mon (31/5) | <i>4 Rs of Sati, 5-6-1, ADA Anchor, Free n Easy, Point n Shoot</i> |
| Tue (1/6) | <i>4 Rs of Sati, 5-6-1, ADA Anchor, Free n Easy, Point n Shoot, BARR, BeT n TiP Me</i> |
| Wed (2/6) | <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: |
| Mon (31/5) | <i>Sati, Samādhi & Sampajañña</i> |
| Tue (1/6) | <i>Serenity and Insight</i> |
| Wed (2/6) | <i>Noble Eightfold Path (1-5)</i> |
| 08:30 | Closing Chants (MP4) |
| 08:45 | Mindful Personal Practice in Any Posture |
| 10:00 | Mindful Rest |

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| DAY 6 (Thursday 3 June) | |
| 05:45am | Log in to Zoom ID: [] Password: [] |
| 06:00 | Recitation of Araham and Sukhino |
| 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 until Guided Meditation commences)</i> |
| 06.30 | Guided Open Mindfulness Meditation |
| 07:10 | Mindful Break |

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| 07:30 | Mindful Breakfast & Clean-up |
| 08:15 | Mindful Personal Practice in Any Posture |
| 08:20 | Log in to Zoom ID: [] Password : [] Group login time as per the Interview Session List |
| 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 |
| 01:45 | Log in to Zoom ID: [] Password : [] |
| 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) |
| 03.20 | Share & Discuss Mindful Listening (Main Room) |
| 03:40 | Concluding Address: <i>Importance of Conversing & Listening Mindfully</i> |
| 04.00 | Mindful Personal Practise in Any Posture |
| 06:30 | Log in to Zoom ID: [] Password: [] |
| 06:40 | Recitation of Araham and Sukhino |
| 06:50 | 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 until Dhamma Talk commences)</i> |
| 07:00 | Dhamma Talk: <i>Noble Eightfold Path (6-8)</i> |
| 08:30 | Closing Chants |
| 08:45 | Mindful Personal Practice in Any Posture |
| 10:00 | Mindful Rest |

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| DAY 7 (Friday 4 June) | |
| 05:45am | Log in to Zoom ID: [] Password: [] |
| 06:00 | Recitation of Araham and Sukhino |
| 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 until Guided Meditation commences</i> |
| 06.30 | Guided Open Mindfulness Meditation |

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| 07:10 | Mindful Break |
| 07:30 | Mindful Breakfast & Clean-up |
| 08:20 | Log in to Zoom ID: [] Password: [] |
| 08:30 | Yogis' Feedback |
| 09:15 | Dhamma Talk: <i>Closing Advice</i> |
| 10:00 | Closing Chants (MP4), Observing 5 Precepts |
| 10:15 | Group Zoom Photo |

** 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.*