



MASR 2022

Mindful Awareness & Serenity Retreat
With Āyasmā Aggacitta
(5 - 11 March 2022)

Daily Programme

DAY 1 (Saturday 5 Mar)

- 02:00pm Gather at Greeneries Memorial car park
- 03:00pm Check in at SBSRC
- 04:00pm Briefing
- 05:00pm Observing 8 Precepts, Forgiveness & Introductory Talk by Āyasmā Aggacitta
- 09:30pm Group Metta Chanting & Sharing of Merits
- 09:45pm Mindful Practice / Retire
- 10:30pm Lights Out

Day 2 (Sunday 6 Mar)

- 06:00am Mindful Wake Up
- 06:30am Stretching Exercise & Guided Meditation (Mettā & Open Awareness)
- 07:30am Mindful Breakfast & Cleaning Duties (as per duty roster)
- 08:30am Guided Meditation
- 09:30am Mindful Practice
- 12:00noon Lunch
- 01:00pm Mindful Rest
- 02:00pm Guided Meditation
- 03:00pm Mindful Practice
- 08:00pm Dhamma Talk
- 09:30pm Group Metta Chanting & Sharing of Merits
- 09:45pm Mindful Practice / Retire
- 10:30pm Lights Out

Days 3 - 6 (Mon 7 – Thurs 10 Mar)

- 06:00am Mindful Wake Up
- 05:30am Stretching Exercise & Group Practice (Mettā & Open Awareness)

07:00am Mindful Practice
07:30am Mindful Breakfast & Cleaning Duties (as per duty roster)
08:30am** Interview/Mindful Practice
12:00noon Lunch
01:00pm Mindful Rest
02:00pm Interview / Mindful Practice
06:00pm Dhamma Talk
08:30pm Group Metta Chanting & Sharing of Merits
09:00pm Mindful Practice / Retire
09:30pm Lights Out

*** Please note the time for your interview and be around the venue 5-10min before your scheduled time. Group/Time to be announced by Sun 6 Mar 2022.*

Day 7 (Friday 11 Mar)

06:00am Mindful Wake Up
06:30am Stretching Exercise & Group Practice (Mettā & Guided Open Awareness)
07:30am Mindful Breakfast, Cleaning Duties & Pack up
09:00am Feedback, Observing 5 Precepts & Sharing Merits
10:15am Group Photo
11:00am Check out