

**Schedule for Ajahn Brahmāli's 5-Day Sutta and Meditation Retreat**  
 Saturday to Tuesday, 27 - 31 October 2017

|                 | <b>27 October<br/>(Friday)</b>  | <b>28, 29, 30 October<br/>(Saturday to Monday)</b>                      | <b>31 October 2017<br/>(Tuesday)</b>   |
|-----------------|---|---|--|
| 5:45am          |   | Wake Up on your own   |  |
| 6:30am-8:30am   |   | Sitting / Walking Meditation  |  |
| 8:30am-9:30am   |   | Breakfast   |  |
| 9:30am-11:00am  |   | Sutta Session   |  |
| 11:00am-12:30am |   | Sitting / Walking Meditation  |  |
| 12:30am-2:00pm  |   | Lunch (12:30PM -1:15PM)<br>Sitting / Walking Meditation / Personal Time |  |
|                 |   |   | Room Check Out on 31 Oct<br>Before <u>11:00AM</u><br>Luggage to be left outside the<br>meditation hall |
| 2:00pm-3:00pm   |   | Mindful Movement/<br>Sitting / Walking Meditation                       | Mindful Movement/<br>Sitting / Walking Meditation  |
| 3:00pm-4:00pm   |   | Sutta Session   | Q&A  |
| 4:00pm-5:00pm   | Registration  | Sitting / Walking Meditation<br>Individual Interviews#<br>(4PM to 6PM)  | Metta Meditation<br>Blessings & Transfer of<br>Merits<br>Offerings to Ajahn Brahmali<br>Group Photos   |
| 5:00pm-7:00pm   | Light Refreshments (Drinks only)<br>& Personal Time<br>Individual Interviews# (to 6PM on 28,29,30 Oct ) |   |  |
| 7:00pm-8:00pm   | Sitting / Walking Meditation / Sutta Sessions/<br>Guided Meditation (On 28,29,30 Oct)                   |   |  |
| 8:00pm-9:00pm   | Guided<br>Meditation  | Q&A   |  |
| 10pm            | Lights off - Bed Time   |   |  |

Note:

The retreat schedule is subject to changes without prior notice. The first session commences at 8PM on 27 Oct, 2017 # Please attend interview according to your reserved time slot.