

2017 ABHIDHAMMA RETREAT SCHEDULE

	FRIDAY 9/1	SATURDAY & SUNDAY 9/2 & 9/3		MONDAY 9/4
4:50 am		Wake Up		
5:30-5:45 am		Morning service		
5:45-6:25 am		Meditation		
6:30-7:15 am		Breakfast		
7:15-8:00 am		Clean Up		
8:15-9:00 am		Meditation		
9:00-10:00 am		Lecture & discussion SESSION 2	Lecture & discussion SESSION 7	Lecture & discussion SESSION 12
10:00-10:20 am		Tea break		
10:20-11:20 am		Lecture & discussion SESSION 3	Lecture & discussion SESSION 8	Lecture & discussion SESSION 13
11:30 am -12 pm		Lunch		
12:10-1:00 pm		Clean Up		
1:00-1:30 pm		Rest & personal study		
1:40-2:10 pm		Meditation		
2:10-3:10 pm		Lecture & discussion SESSION 4	Lecture & discussion SESSION 9	Comprehensive Q & A session SESSION 14
3:10-3:30 pm		Tea Break		Sharing of merits
3:30-4:15 pm		Lecture & discussion SESSION 5	Lecture & discussion SESSION 10	Taking 3 Refuges & Precepts* 3:30-3:45
4:20-5:00 pm		Meditation		Clean up & depart 3:45-4:30 ☹
5:00-5:30 pm	Registration	Evening service		
5:30-7:00 pm	Light meal 5:30-6:15 pm Orientation 6:30-7:00 pm	Light meal & break		Return next year for new Abhidhamma retreat based on Visuddhimagga chapter 15 & 16
7:00-8:15 pm	Lecture & Discussion SESSION 1	Lecture & discussion SESSION 6 Q & A	Lecture & discussion SESSION 11 Q & A	
8:15-9:00 pm		Metta Meditation Sharing of merit		