

Virtual Retreat with Luang Por Pasanno				
31 December 2020 to 3 January 2021				
California		Malaysia and Singapore		PROGRAM
Day	Time	Day	Time	
Day 1	1500 -1530	Day 1	0700-0730	Welcome & recommended retreat guidelines
31/12/2020	1530- 1630	1/1/2021	0730-0830	Morning Chanting/Instructions from Luang Por
	1630 -1700		0830-0900	Guided meditation
	1700-1900		0900-1100	Personal Practice
	1900-2300		1100-1500	Lunch/Free Time
	2300-0100		1500-1700	Pre-recorded Dhamma talk/group meditation
	0100-0400		1700-2000	Tea-break/Free time
	0400-0500		2000-2100	Evening Chanting /meditation
	0500-0515		2100-2115	Break
	0515 - 0600		2115-2200	Dhamma talk by Luang Por
	0600 - 0630		2200-2230	Q & A
			2230	Rest
Day 2	1500 -1600	Day 2	0700-0800	Morning chanting/guided meditation
1/1/2021	1600- 1645	2/1/2021	0800-0845	Dhamma talk by Luang Por
	1645 - 1730		0845-0930	Q & A
	1730-1745		0930-0945	Break
	1745-1900		0945-1100	Personal practice
	1900-2300		1100-1500	Lunch/free time
	2300-0100		1500-1700	Pre-recorded Dhamma talk/group meditation
	0100-0400		1700-2000	Tea/free time
	0400 - 0500		2000-2100	Evening chanting/Meditation
	0500 - 0515		2100-2115	Break

	0515 - 0600		2115-2200	Dhamma Talk by Luang Por
	0600 - 0630		2200-2230	Q & A
			2230	Rest
Day 3	1500 -1600	Day 3	0700-0800	Morning chanting/guided meditation
2/1/2021	1600 - 1645	3/1/2021	0800-0845	Dhamma talk by Luang Por
	1645 - 1730		0845-0930	Q & A
	1730-1745		0930-0945	Break
	1745-1900		0945-1100	Personal practice
	1900-2300		1100-1500	Lunch/free time
	2300-0100		1500-1700	Pre-recorded Dhamma talk/group meditation
	0100-0400		1700-2000	Tea/free time
	0400-0500		2000-2100	Evening chanting/meditation
	0500-0515		2100-2115	Break
	0515 -0600		2115-2200	Final instruction/Advice from Luang Por
	0600-0630		2200-2230	Asking for forgiveness
				Sharing of merit/closing homage