

Virtual Retreat with Luang Por Pasanno (California time)		
Day	Time	
Dec. 31, 2020	3:00 - 3:10pm	Welcome and recommended retreat guidelines
	3:10 - 3:50pm	Chanting
	4:00 - 4:45pm	Precepts and instructions from Luang Por
	4:45 - 5:30pm	Guided meditation
	5:30 - 7:00pm	Personal practice
	7:00 - 11:00pm	Free time
	11:00pm - 1:00am	Pre-recorded Dhamma talk/group meditation
Jan. 1, 2021	1:00 - 4:00am	Free time
	4:00 - 5:00am	Chanting/meditation
	5:00 - 5:15am	Break
	5:15 - 6:00am	Dhamma talk by Luang Por
	6:00 - 6:30am	Q&A
	6:30am - 3:00pm	Rest
	3:00 - 4:00pm	Chanting/guided meditation
	4:00 - 4:45pm	Dhamma talk by Luang Por
	4:45 - 5:30pm	Q&A
	5:30 - 7:00pm	Personal practice
	7:00 - 11:00pm	Free time
	11:00pm - 1:00am	Pre-recorded Dhamma talk/group meditation
	Jan. 2, 2021	1:00 - 4:00am
4:00 - 5:00am		Chanting/meditation
5:00 - 5:15am		Break
5:15 - 6:00am		Dhamma talk by Luang Por
6:00 - 6:30am		Q&A
6:30am - 3:00pm		Rest
3:00 - 4:00pm		Chanting/guided meditation
4:00 - 4:45pm		Dhamma talk by Luang Por
4:45 - 5:30pm		Q&A
5:30 - 7:00pm		Personal practice
7:00 - 11:00pm		Free time
11:00pm - 1:00am		Pre-recorded Dhamma talk/group meditation
Jan. 3, 2021		1:00 - 4:00am
	4:00 - 5:00am	Chanting/meditation
	5:00 - 5:15am	Break
	5:15 - 6:00am	Final instruction/Advice from Luang Por
	6:00 - 6:30am	Asking for forgiveness
		Sharing of merit/closing homage