

VESAK 2020 DAY RETREAT

UK GROUP			
SL TIME	UK TIME		
11.30	7:00	Observing Sil	Bhante to give the 8 precepts
12.00	7.30	Breakfast (Heel daana)	Pre cooked
13.00	8.30	Dhamma Talk	
Meditation			
16.00	11.30	Lunch (Mid day meal daana)	Pre cooked
Meditation			
22.00	17.45	Sitting meditation	
23.15	18.45	Dhamma Talk / Q & A	

EUROPE GROUP			
SL TIME	EUR TIME		
11.30	8:00	Observing Sil	Bhante to give the 8 precepts
12.00	8.30	Breakfast (Heel daana)	Pre cooked
13.00	9.30	Dhamma Talk	
Meditation			
16.00	12.30	Lunch (Mid day meal daana)	Pre cooked
Meditation			
22.00	18.45	Sitting meditation	
23.15	19.45	Dhamma Talk / Q & A	