



AJAHN KALYANO

Virtual Retreat

Making Your Mind Firm In Merit

2nd to 4th April 2021



JOIN

After registering in Zoom, you will receive a confirmation email (with the meeting link).

To join Zoom meeting, please click on the "Click Here to Join" as stated in the email. (Note: Please use the same link for all the Zoom meetings)

Passcode: 123

Note: This link should not be shared with others; it is unique to you.



AUDIO

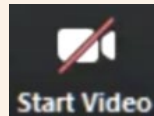
Join Audio

Click on this icon at the bottom left corner / in the calling bar.



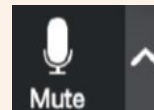
Start Video

Click on this icon at the bottom left corner / in the calling bar.



Change audio source

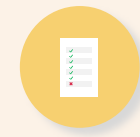
Click on the upward-facing arrow beside the microphone icon in the calling bar of your Zoom meeting, and then select the desired microphone or speaker.



GUIDE

New Zoom users are encouraged to read through the Zoom tutorial below as one will need to download the application in advance.

Please login 20mins before the first session to allocate buffer for technical setup. Zoom Tutorial: <https://t.ly/nZiZ>



ONLINE ETIQUETTE

1. Refrain from lying down while instructions are given. Out of respect for Dhamma, please listen in the upright position.
2. Limit internet use to the Zoom sessions. Please disable all alarms, notifications and incoming calls during Zoom sessions.
3. You are encouraged to limit your personal activities during the entire retreat period to daily chores, taking of meals and exercise.

	Melbourne	Singapore	New York	Program
Day 1 (2 Apr 2021)	6:00am - 7:30am	3:00am - 4:30am	3:00pm - 4:30pm	<u>MORNING</u> *Puja-Chanting *Group Sitting *Guided Meditation/Reflections
	7:30am - 8:00am	4:30am - 5:00am	4:30pm - 5:00pm	BREAK
	8:00am - 9:00am	5:00am - 6:00am	5:00pm - 6:00pm	Personal time (self-practice)
	9:00am - 10:15am	6:00am - 7:15am	6:00pm - 7:15pm	<u>RETREAT OPENING</u> *Teacher's instructions *Taking of 8-precepts *Dhamma reflections *Meditation
	10:15am - 12:00pm	7:15am - 9:00am	7:15pm - 9:00pm	BREAK
	12:00pm - 1:00pm	9:00am - 10:00am	9:00pm - 10:00pm	Recorded Teaching
	1:00pm - 1:30pm	10:00am - 10:30am	10:00pm - 10:30pm	BREAK
	1:30pm - 3:30pm	10:30am - 12:30pm	10:30pm - 12:30am	Q&A - Google Form Format (60mins) Slow Walking Meditation (30mins) Sitting Meditation(30mins)
	3:30pm - 5:30pm	12:30pm - 2:30pm	12:30am - 2:30am	Personal time (self-practice)
	5:30pm - 7:00pm	2:30pm - 4:00pm	2:30am - 4:00am	BREAK
	7:00pm - 9:00pm	4:00pm - 6:00pm	4:00am - 6:00am	<u>EVENING PUJA & LIVE Q&A</u> *Puja- Chanting *Sitting *Q&A (60min) - Google Form Format
	9:00pm	6:00pm	6:00am	End

Break/Self-practice
[Non-Zoom]

Zoom Session

Please scroll to next page for Day 2's schedule

	Melbourne	Singapore	New York	Program
Day 2 (3 Apr 2021)	6:00am - 7:30am	3:00am - 4:30am	3:00pm - 4:30pm	<u>MORNING</u> *Puja-Chanting *Group Sitting *Guided Meditation/Reflections
	7:30am - 8:00am	4:30am - 5:00am	4:30pm - 5:00pm	BREAK
	8:00am - 9:00am	5:00am - 6:00am	5:00pm - 6:00pm	Personal time (self-practice)
	9:00am - 10:15am	6:00am - 7:15am	6:00pm - 7:15pm	Dhamma Talk (45min) Silent Meditation (30min)
	10:15am - 12:00pm	7:15am - 9:00am	7:15pm - 9:00pm	BREAK
	12:00pm - 1:00pm	9:00am - 10:00am	9:00pm - 10:00pm	Recorded Teaching
	1:00pm - 1:30pm	10:00am - 10:30am	10:00pm - 10:30pm	BREAK
	1:30pm - 3:30pm	10:30am - 12:30pm	10:30pm - 12:30am	Q&A - Google Form Format (60mins) Slow Walking Meditation (30mins) Sitting Meditation(30mins)
	3:30pm - 5:30pm	12:30pm - 2:30pm	12:30am - 2:30am	Personal time (self-practice)
	5:30pm - 7:00pm	2:30pm - 4:00pm	2:30am - 4:00am	BREAK
	7:00pm - 9:00pm	4:00pm - 6:00pm	4:00am - 6:00am	<u>EVENING PUJA & LIVE Q&A</u> *Puja- Chanting *Sitting *Q&A (60min) - Google Form Format
	9:00pm	6:00pm	6:00am	End

Break/Self-practice
[Non-Zoom]

Zoom Session

Please scroll to next page for Day 3's schedule

	Melbourne	Singapore	New York	Program
Day 3 (4 Apr 2021)	6:00am - 7:30am	4:00am - 5:30am**	4:00pm - 5:30pm**	<u>MORNING</u> *Puja-Chanting *Group Sitting *Guided Meditation/Reflections
	7:30am - 8:00am	5:30am - 6:00am	5:30pm - 6:00pm	BREAK
	8:00am - 9:00am	6:00am - 7:00am	6:00pm - 7:00pm	Personal time (self-practice)
	9:00am - 10:15am	7:00am - 8:15am	7:00pm - 8:15pm	Dhamma Talk (45min) Silent Meditation (30min)
	10:15am - 12:00pm	8:15am - 10:00am	8:15pm - 10:00pm	BREAK
	12:00pm - 1:00pm	10:00am - 11:00am	10:00pm - 11:00pm	Recorded Teaching
	1:00pm - 1:30pm	11:00am - 11:30am	11:00pm - 11:30pm	BREAK
	1:30pm - 3:30pm	11:30am - 1:30pm	11:30pm - 1:30am	Live Q&A (60min) Slow Walking Meditation (30min) Sitting Meditation (30min)
	3:30pm - 5:30pm	1:30pm - 3:30pm	1:30am - 3:30am	Personal time (self-practice)
	5:30pm - 7:00pm	3:30pm - 5:00pm	3:30am - 5:00am	BREAK
	7:00pm - 9:00pm	5:00pm - 7:00pm	5:00am - 7:00am	<u>CLOSING</u> *Teacher's instructions *Seeking forgiveness *Taking 5-precepts *Dedication of merits
	9:00pm	7:00pm	7:00am	End

Break/Self-practice
[Non-Zoom]

Zoom Session

**Day Light Saving ends on 4 Apr.

- Time difference between Melbourne and Singapore reduces from 3hrs to 2 hrs.
- Time difference between Melbourne and New York reduces from 15hrs to 14 hrs.



Chanting Guide

For morning and evening puja-chanting, please download the Chanting Guide of Buddha Bodhivana Monastery from the following link:

<https://buddhabodhivana.org/chanting/>



Dhamma Books

Please click on the following link:

<https://buddhabodhivana.org/publications/>



Recorded Teachings

Are the teachings recorded and uploaded? Where can I find them?

“Live” teachings will be recorded and uploaded to:

Audio : <https://buddhabodhivana.org/teachings/>

Youtube : Buddha Bodhivana Monastery Channel

<https://www.youtube.com/channel/UC3OgCUIINpmFA-cAj-2oy8Hg/videos>

1. I am only using mobile phone for this retreat and I don't have a desktop / laptop. Can I still join the retreat?

To access the retreat you will be given a unique link to join via Zoom, participants may use any device that supports your access to the Zoom video conferencing platform.

2. If I have trouble with Zoom, how do I get help?

Please refer to "Zoom Guide" of the retreat booklet.

3. Have you received my registration? I cannot find the retreat confirmation email.

Kindly check your email's junk / spam folder for the confirmation emails. If you have successfully registered, you will receive a confirmation email from Zoom (with the meeting link).

Otherwise, please drop an email to ajahnsteaching@gmail.com for clarifications. (Note: Due to time zone differences, our volunteers may not be able to reply your email immediately.)

4. Can I join the retreat as a part-time participant?

As this is a virtual retreat, participants are encouraged to follow the program to the best of their abilities. Participating part-time while engaging in personal activities may not be conducive to the practice.

5. The timings for my country is not included in the retreat schedule, how do I know what time to access the virtual retreat?

You may calculate the time difference between your location and GMT (Melbourne time). The main retreat schedule follows GMT <<https://greenwichmeantime.com/>>.

6. Is this a 5 or 8 precepts virtual retreat?

To reap the most benefit from the retreat, participants are encouraged to take the 8 precepts. Phra Ajahn will formally give the 8 precepts to participants in the opening session.



Will there be live Q&A sessions during the virtual retreat?

Day 1 & 2: The programme has been designed for written questions only.

Your question must be submitted before the Q&A sessions via the following link:

<https://forms.gle/da1hZpXaJS7AWKea8>

Day 3: LIVE Q&A session.

Due to large number of questions, please keep your question succinct and related to the practice / Dhamma.



Are there any charges for the virtual retreat? How can I make a donation?

This virtual retreat has been offered to the international community by volunteers. If you feel that you have benefited from the retreat and would like to support the monastery, you may make a donation to Buddha Bodhivana Monastery Operating Fund and/or Building Fund via the following link:

<https://buddhabodhivana.org/support/>

If you wish to support the volunteer organisations in the lay support community, we will share the list of organisations at the end of the retreat

