

An Online 1-Day Retreat with Samaneri Jayasāra and Ayya Jitindriyā

Sunday 11th February, 2024 AEDT

- Live on YouTube -

<https://www.youtube.com/@SamaneriJayasara>

Cultivating Mindfulness & Wisdom



The cultivation of mindfulness, full awareness and wisdom are central to the path of awakening as taught by the Buddha. In this online day retreat, Samaneri Jayasāra and Ayya Jitindriyā will offer teachings and guided meditations based on mindfulness practice, supporting the development of calm and insight, and integrating it into our daily lives.

During the retreat, we encourage participants to observe noble silence for the duration if possible. If you're tuning-in live, there will be periods for Q&A both in the morning and the afternoon via the online chat box. If you can't join live, the whole retreat (in 4 video sessions) will be archived on YouTube for you to engage in whenever it's convenient for you.

See the proposed retreat schedule below; and also the links to the Retreat playlist on YouTube, and to check your time zone for joining in live.

[YouTube Playlist link here](#)

Check your time zones for all 4 sessions here: [Session 1](#); [Session 2](#); [Session 3](#); [Session 4](#)

Retreat Schedule - Starts at 8:30am AEDT – Finishes 5pm AEDT

Session 1:

8:30am: Intro, Dhamma reflection & guided meditation

9:45am: Walking meditation (30mins)

10:15am: Tea Break

Session 2:

10:45am: Guided meditation + Q&A

12:00pm: LUNCH BREAK

Session 3:

1:30pm: Dhamma reflection & guided meditation

2:30pm: Walking meditation (30mins)

3:00pm: Tea Break

Session 4:

3:30pm: Guided meditation + Q&A

4:45pm: Close of Live retreat

NB: For those who wish to continue the retreat practice into the evening to make a full day, we've provided links below for two guided meditations with Dhamma reflections. The first is from Ajahn Chah, and the second from Ajahn Dune, two great Masters from the Thai Forest Tradition. These talks are read by Samaneri Jayasāra and have been especially selected for the final sessions of this retreat.

Link to: ['Developing Samadhi' – by Ajahn Chah](#) (62 mins)

Link to: ['The Method of Developing Bhavana' – by Ajahn Dune](#) (44mins)

~ May all beings be well ~