

Getting free of the prison of “self” by seeing causation

An At Home Meditation Retreat with Ayya Sobhana

*All times are for **Eastern** time zone*

(*Indicates online activity)

Tuesday, March 30th

- * 5:00-6:00 pm orientation and social time with Ayya Sobhana and SDRC staff
- 6:00 - 7:30 home based practice
- * 7:30-8:15 welcome, opening talk with Ayya Sobhana
- * 8:15 - 9:00 guided meditation, and Q&A with Ayya Sobhana
- 9:00 rest or further practice

Wednesday, March 31st ~ Saturday, April 3rd

- * 7:00 - 7:45 am sit led by Southern Dharma staff
- 7:45 - 9:00 home based practice
- * 9:00 - 10:45 guided meditation, Dhamma talk and Q&A with Ayya Sobhana
- 10:45 - 3:00 pm home based practice
- * 3:00 - 4:45 guided meditation, Dhamma talk and Q&A with Ayya Sobhana
- * 5:00 - 6:30 small group discussions (three 30-minute sessions with Ayya Sobhana)
- 6:30 - 7:00 home based practice
- * 7:00 - 8:45 guided meditation, Dhamma talk and Q&A with Ayya Sobhana
- * 8:45 - 9:00 sharing blessings with Ayya Sobhana, followed by meditation on your own
- 9:00 rest or further practice

Sunday, April 4th

- * 7:00 - 7:45 am sit led by Southern Dharma staff
- 7:45 - 9:00 home based practice
- * 9:00 - 11:00 loving-kindness meditation, closing reflection and sharing circle with Ayya Sobhana
- * 11:00 - 11:30 optional social time