

Saranaloka Online Summer Retreat

Creating a Supportive Container in Times of Great Challenge

July 23 – 28, 2024

with

Ayya Anandabodhi & Ayya Santacitta

Retreat Schedule July 23-28, 2024

Bolded times are encouraged for everyone to attend.

OPENING DAY, Tuesday, July 23

Pacific Standard Time (California) - see [Time Zone Converter](#) for conversions

3:00 pm Opening Announcements (please attend)
3:30 pm Opening Session with the Monastics
4:30 pm Guided Meditation & Movement Meditation
5:50 pm Closing & Chanting
6:00 pm Practice on your own

DAILY SCHEDULE July 24 - 27

6:00 am Still Meditation
7:00 am Breakfast
8:30 am Chanting & Meditation
9:30 am Movement Meditation
10:00 am Morning Reflection
10:20 am Morning Practice Period on your own
11:20 am Meal Reflection
11:30 am Meal (zoom meeting will end and restart at this time)
1:30 pm Guided Meditation
2:15 pm Afternoon Practice Period on your own
3:15 pm Qi Gong and Yoga offered by Lissa Edmond (Optional)
4:15 pm Dhamma Talk or Question & Response
5:00 pm Stretch Break

5:10 pm Silent Meditation

5:50 pm Closing & Chanting

6:00 pm Practice on your own

FINAL DAY, Sunday, July 28, 2024

6:00 am Still Meditation

7:00 am Breakfast

8:30 am Chanting & Meditation

9:30 am Movement Meditation

10:00 am Morning Reflection

10:20 am Morning Practice Period on your own

11:20 am Meal Reflection

11:30 am Meal (zoom meeting will end and restart at this time)

1:30 pm Question & Response

2:15 pm Afternoon Practice Period on your own

4:00 pm Closing Announcements (Please Attend)

4:30 pm Closing Session

5:00 pm Retreat Formally Ends