



Ashin Kovida (Pa-auk)'s 3-Day Meditation Retreat - 1st Day 2024 May 28, Tuesday



Pacific Daylight Time	Mountain Daylight Time	Central Daylight Time	Eastern Daylight Time	Agenda
9:40 - 10:40 AM	10:40 - 11:40 AM	11:40 - 12:40 PM	12:40 - 1:40 PM	Bhante Arrives Airport
10:40 - 01:00 PM	11:40 - 2:00 PM	12:40 - 3:00 PM	13:40 - 4:00 PM	Bhante's Lunch and Rest
1:00 - 2:00 PM	2:00 - 3:00 PM	3:00 - 4:00 PM	4:00 - 5:00 PM	Dhamma Talk
2:00 - 2:30 PM	3:00 - 3:30 PM	4:00 - 4:30 PM	5:00 - 5:30 PM	Questions and Answers
2:30 - 3:30 PM	3:30 - 4:30 PM	4:30 - 5:30 PM	5:30 - 6:30 PM	Sitting Meditation
3:30 - 4:00 PM	4:30 - 5:00 PM	5:30 - 6:00 PM	6:30 - 7:00 PM	Walking Meditation
4:00 - 5:00 PM	5:00 - 6:00 PM	6:00 - 7:00 PM	7:00 - 8:00 PM	Sitting Meditation
5:00 - 5:15 PM	6:00 - 6:15 PM	7:00 - 7:15 PM	8:00 - 8:15 PM	Enjoy soft beverage
5:15 - 6:15 PM	6:15 - 7:15 PM	7:15 - 8:15 PM	8:15 - 9:15 PM	Dhamma Talk
6:15 - 6:45 PM	7:15 - 7:45 PM	8:15 - 8:45 PM	9:15 - 9:45 PM	Questions and Answers
6:45 - 7:45 PM	7:45 - 8:45 PM	8:45 - 9:45 PM	9:45 - 10:45 PM	Sitting Meditation
7:45 - 8:00 PM	8:45 - 9:00 PM	9:45 - 10:00 PM	10:45 - 11:00 PM	Questions and Answers
8:00 - 8:20 PM	9:00 - 9:20 PM	10:00 - 10:20 PM	11:00 - 11:20 PM	Sharing merits marks the end of first day

***Timetable published on March 31st, 2024**

The timetable can change to accommodate the needs that arise on the retreat day.

winmetta.org



Ashin Kovida (Pa-auk)'s 3-Day Meditation Retreat - 2nd Day 2024 May 29, Wednesday



Pacific Daylight Time	Mountain Daylight Time	Central Daylight Time	Eastern Daylight Time	Agenda
5:00 - 6:00 AM	6:00 - 7:00 AM	7:00 - 8:00 AM	8:00 - 9:00 AM	Sitting Meditation
6:00 - 7:00 AM	7:00 - 8:00 AM	8:00 - 9:00 AM	9:00 - 10:00 AM	Breakfast
7:30 - 8:30 AM	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM	Dhamma Talk
8:30 - 9:00 AM	9:30 - 10:00 AM	10:30 - 11:00 AM	11:30 - 12:00 PM	Questions and Answers
9:00 - 9:30 AM	10:00 - 10:30 AM	11:00 - 11:30 AM	12:00 - 12:30 PM	Walking Meditation
9:30 - 10:30 AM	10:30 - 11:30 AM	11:30 - 12:30 PM	12:30 - 1:30 PM	Sitting Meditation
10:30 - 11:00 AM	11:30 - 12:00 PM	12:30 - 1:00 PM	1:30 - 2:00 PM	Questions and Answers
11:00 - 1:00 PM	12:00 - 2:00 PM	1:00 - 3:00 PM	2:00 - 4:00 PM	Lunch and Rest
1:00 - 2:00 PM	2:00 - 3:00 PM	3:00 - 4:00 PM	4:00 - 5:00 PM	Dhamma Talk
2:00 - 2:30 PM	3:00 - 3:30 PM	4:00 - 4:30 PM	5:00 - 5:30 PM	Questions and Answers
2:30 - 3:30 PM	3:30 - 4:30 PM	4:30 - 5:30 PM	5:30 - 6:30 PM	Sitting Meditation
3:30 - 4:00 PM	4:30 - 5:00 PM	5:30 - 6:00 PM	6:30 - 7:00 PM	Walking Meditation
4:00 - 5:00 PM	5:00 - 6:00 PM	6:00 - 7:00 PM	7:00 - 8:00 PM	Sitting Meditation
5:00 - 5:15 PM	6:00 - 6:15 PM	7:00 - 7:15 PM	8:00 - 8:15 PM	Enjoy soft beverage
5:15 - 6:15 PM	6:15 - 7:15 PM	7:15 - 8:15 PM	8:15 - 9:15 PM	Dhamma Talk
6:15 - 6:45 PM	7:15 - 7:45 PM	8:15 - 8:45 PM	9:15 - 9:45 PM	Questions and Answers
6:45 - 7:45 PM	7:45 - 8:45 PM	8:45 - 9:45 PM	9:45 - 10:45 PM	Sitting Meditation
7:45 - 8:00 PM	8:45 - 9:00 PM	9:45 - 10:00 PM	10:45 - 11:00 PM	Questions and Answers
8:00 - 8:30 PM	9:00 - 9:30 PM	10:00 - 10:30 PM	11:00 - 11:30 PM	Sharing merits marks the end of second day

***Timetable published on March 31st, 2024**

winmetta.org

The timetable can change to accommodate the needs that arise on the retreat day.



Ashin Kovida (Pa-auk)'s 3-Day Meditation Retreat - 3rd Day 2024 May 30, Thursday



Pacific Daylight Time	Mountain Daylight Time	Central Daylight Time	Eastern Daylight Time	Agenda
5:00 - 6:00 AM	6:00 - 7:00 AM	7:00 - 8:00 AM	8:00 - 9:00 AM	Sitting Meditation
6:00 - 7:00 AM	7:00 - 8:00 AM	8:00 - 9:00 AM	9:00 - 10:00 AM	Breakfast
7:30 - 8:30 AM	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM	Dhamma Talk
8:30 - 9:00 AM	9:30 - 10:00 AM	10:30 - 11:00 AM	11:30 - 12:00 PM	Questions and Answers
9:00 - 9:30 AM	10:00 - 10:30 AM	11:00 - 11:30 AM	12:00 - 12:30 PM	Walking Meditation
9:30 - 10:30 AM	10:30 - 11:30 AM	11:30 - 12:30 PM	12:30 - 1:30 PM	Sitting Meditation
10:30 - 11:00 AM	11:30 - 12:00 PM	12:30 - 1:00 PM	1:30 - 2:00 PM	Questions and Answers
11:00 - 1:00 PM	12:00 - 2:00 PM	1:00 - 3:00 PM	2:00 - 4:00 PM	Lunch and Rest
1:00 - 2:00 PM	2:00 - 3:00 PM	3:00 - 4:00 PM	4:00 - 5:00 PM	Dhamma Talk
2:00 - 2:30 PM	3:00 - 3:30 PM	4:00 - 4:30 PM	5:00 - 5:30 PM	Questions and Answers
2:30 - 3:00 PM	3:30 - 4:00 PM	4:30 - 5:00 PM	5:30 - 6:00 PM	Final takeaways, share merits, end of retreat
3:00 - 4:15 PM	4:00 - 5:15 PM	5:00 - 6:15 PM	6:00 - 7:15 PM	Bhante Travels to Airport
4:15 - 5:55 PM	5:15 - 6:55 PM	6:15 - 7:55 PM	7:15 - 8:55 PM	Bhante Arrives at Departure
5:55 PM	6:55 PM	7:55 PM	8:55 PM	Bhante Airplane Leaves Bay Area

***Timetable published on March 31st, 2024**

The timetable can change to accommodate the needs that arise on the retreat day.

winmetta.org