



**Ashin Kovida (Pa-auk)'s  
10-Day Online Meditation Retreat  
1st Day  
2024 July 22, Monday**



Pacific Daylight Time	Mountain Daylight Time	Central Daylight Time	Eastern Daylight Time	Agenda
4:30 - 5:30 AM	5:30 - 6:30 AM	6:30 - 7:30 AM	7:30 - 8:30 AM	Chanting, Sitting Meditation
5:30 - 6:25 AM	6:30 - 7:25 AM	7:30 - 8:25 AM	8:30 - 9:25 AM	Breakfast
6:30 - 8:00 AM	7:30 - 9:00 AM	8:30 - 10:00 AM	9:30 - 11:00 AM	Retreat Opening Ceremony
8:00 - 8:30 AM	9:00 - 9:30 AM	10:00 - 10:30 AM	11:00 - 11:30 AM	Walking Meditation
8:30 - 10:30 AM	9:30 - 11:30 AM	10:30 - 12:30 PM	11:30 - 1:30 PM	Sitting Meditation
10:30 - 1:00 PM	11:30 - 2:00 PM	12:30 - 3:00 PM	13:30 - 4:00 PM	Lunch, Walking Meditation, Rest
1:00 - 5:00 PM	2:00 - 6:00 PM	3:00 - 7:00 PM	4:00 - 8:00 PM	Sitting/Walking Meditation
5:00 - 5:30 PM	6:00 - 6:30 PM	7:00 - 7:30 PM	8:00 - 8:30 PM	Enjoy soft beverage/ Bio Break
5:30 - 7:00 PM	6:30 - 8:00 PM	7:30 - 9:00 PM	8:30 - 10:00 PM	Dhamma Talk on Dhammacakkappavattana Sutta
7:00 - 8:00 PM	8:00 - 9:00 PM	9:00 - 10:00 PM	10:00 - 11:00 PM	Sitting Meditation
8:00 - 8:20 PM	9:00 - 9:20 PM	10:00 - 10:20 PM	11:00 - 11:20 PM	Sharing merits and closing the day

\*\*\*Timetable published on July 3rd, 2024\*\*

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

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**Ashin Kovida (Pa-uk)'s  
10-Day Online Meditation Retreat  
2nd to 9th Day  
2024 July 23 - 30**



Pacific Daylight Time	Mountain Daylight Time	Central Daylight Time	Eastern Daylight Time	Agenda
4:30 - 5:30 AM	5:30 - 6:30 AM	6:30 - 7:30 AM	7:30 - 8:30 AM	Chanting, Sitting Meditation
5:30 - 6:25 AM	6:30 - 7:25 AM	7:30 - 8:25 AM	8:30 - 9:25 AM	Breakfast
6:30 - 8:00 AM	7:30 - 9:00 AM	8:30 - 10:00 AM	9:30 - 11:00 AM	Meditation Coaching by Bhante
8:00 - 8:30 AM	9:00 - 9:30 AM	10:00 - 10:30 AM	11:00 - 11:30 AM	Walking Meditation
8:30 - 10:30 AM	9:30 - 11:30 AM	10:30 - 12:30 PM	11:30 - 1:30 PM	Sitting/Walking Meditation
10:30 - 1:00 PM	11:30 - 2:00 PM	12:30 - 3:00 PM	13:30 - 4:00 PM	Lunch, Walking Meditation, Rest
1:00 - 5:00 PM	2:00 - 6:00 PM	3:00 - 7:00 PM	4:00 - 8:00 PM	Sitting/Walking Meditation
5:00 - 5:30 PM	6:00 - 6:30 PM	7:00 - 7:30 PM	8:00 - 8:30 PM	Enjoy soft beverage/ Bio Break
5:30 - 7:00 PM	6:30 - 8:00 PM	7:30 - 9:00 PM	8:30 - 10:00 PM	Dhamma Talk on Dhammacakkappavattana Sutta
7:00 - 8:00 PM	8:00 - 9:00 PM	9:00 - 10:00 PM	10:00 - 11:00 PM	Sitting Meditation
8:00 - 8:20 PM	9:00 - 9:20 PM	10:00 - 10:20 PM	11:00 - 11:20 PM	Sharing merits and closing the day

\*\*\*Timetable published on July 3rd, 2024\*\*

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

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**Ashin Kovida (Pa-auk)'s  
10-Day Online Meditation Retreat  
10th Day  
2024 July 31, Wednesday**



Pacific Daylight Time	Mountain Daylight Time	Central Daylight Time	Eastern Daylight Time	Agenda
4:30 - 5:30 AM	5:30 - 6:30 AM	6:30 - 7:30 AM	7:30 - 8:30 AM	Chanting, Sitting Meditation
5:30 - 6:25 AM	6:30 - 7:25 AM	7:30 - 8:25 AM	8:30 - 9:25 AM	Breakfast
6:30 - 8:00 AM	7:30 - 9:00 AM	8:30 - 10:00 AM	9:30 - 11:00 AM	Meditation Coaching by Bhante
8:00 - 8:30 AM	9:00 - 9:30 AM	10:00 - 10:30 AM	11:00 - 11:30 AM	Walking Meditation
8:30 - 10:30 AM	9:30 - 11:30 AM	10:30 - 12:30 PM	11:30 - 1:30 PM	Sitting/Walking Meditation
10:30 - 1:00 PM	11:30 - 2:00 PM	12:30 - 3:00 PM	13:30 - 4:00 PM	Lunch, Walking Meditation, Rest
1:00 - 5:00 PM	2:00 - 6:00 PM	3:00 - 7:00 PM	4:00 - 8:00 PM	Sitting/Walking Meditation
5:00 - 5:30 PM	6:00 - 6:30 PM	7:00 - 7:30 PM	8:00 - 8:30 PM	Enjoy soft beverage/ Bio Break
5:30 - 7:00 PM	6:30 - 8:00 PM	7:30 - 9:00 PM	8:30 - 10:00 PM	Dhamma Talk on Dhammacakkappavattana Sutta followed by the Retreat Closing Ceremony

\*\*\*Timetable published on July 3rd, 2024\*\*

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