

Mindfulness for *life*

2-Day Silent Mindfulness Meditation Retreat With Ahbay Rinpoche & Robert Gebka

Saturday 7th & Sunday 8th April 2018, 9.30am – 5pm

Hallmark Westcliff Hotel, Durley Chine Road, Bournemouth BH2 5JS
(parking is free but please register your car at reception)

RETREAT PROGRAMME

(Subject to change depending on the group circumstances)

DAY 1: SATURDAY PROGRAMME

9.30 – 10: Arrival, registration & retreat donations

10 – 10.15: Welcome, programme introduction - **Noble Silence begins**

10.15 – 11.15: Opening retreat Buddhist ceremony with Ahbay Rinpoche & Robert

An explanation of this step by step ceremony will be offered. This ceremony is not about you becoming a Buddhist. We invite you, if you care to, to partake in this ceremony as a way of experiencing this unique flavour for these two days of the retreat.

- An invitation to take Refuge
- Bringing to mind our intention and letting go of intention.
- **Om Mane Pedme Hung** chanting
- Each person is invited to bring candle to altar to symbolize letting go of intention.
- Conclusion of ceremony and short sitting practice

11.15 – 11.30: Mindful movement with gentle Qi Kung

11.30 – 12: Introduction to Anapansati meditation technique and guided sitting meditation with Robert

12 – 12:15: Mindful movement

12.15 – 12.45: Sitting Meditation

12.45 – 2: Lunch time (please bring own lunch)

2 – 2.30: Dharma talk with Ahbay Rinpoche

2.30 – 2.45: Mindful movement

2.45 – 3.15: Sitting meditation

3.15 – 3.45: Break

3.45 – 4.15: Om Mane Pedme Hung chanting with Ahbay Rinpoche

4.15 – 4.30: Mindful movement

4.30 – 5: Sitting meditation

5: Day one of retreat ends

DAY 2: SUNDAY PROGRAMME

9.30 – 10 Arrival, registration & retreat donations

10 – 10.15: Welcome, programme introduction - **Noble Silence begins**

10.15 – 11.15: Opening retreat Buddhist ceremony with Ahbay Rinpoche & Robert

An explanation of this step by step ceremony will be offered. This ceremony is not about you becoming a Buddhist. We invite you, if you care to, to partake in this ceremony as a way of experiencing this unique flavour for these two days of the retreat.

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2.45 – 3.15: Sitting meditation

3.15 – 3.45: Break

3.45 – 4.15: Om Mane Pedme Hung chanting with Ahbay Rinpoche

4.15 – 4.45: Sharing and discussion followed by Q&A

4.45 – 5: Closing meditation

5: Day two of retreat ends