



**Mindfulness and Insight Meditation Retreat # 9
With Bhante Saranapala – Buddhist Monk & Meditation Teacher**

**Phap Van Vietnamese Buddhist Cultural Centre of Ontario
420 Traders Blvd. (Off Kennedy Rd. – on Traders Blvd.),
Mississauga, ON L4Z 1W7**

January 10 (Saturday), 2009

PROGRAM

- 9.00 a.m.** **Administering of 8 Precepts**
- 9.15 a.m.** **Mindfulness (Samatha & Vipassana) Meditation (*Introduction*)**
- 10.00 a.m.** **--- Break ---**
- 10.15 a.m.** **Mindfulness Meditation Practice (*Guided*)**
- 11.15 a.m.** **Meditation in Chanting (*Offerings to the Buddha*)**
- 11.30 a.m.** **--- Lunch Break --- (*Taking Lunch with Mindfulness*)**
 --- Have your own lunch ---
- 12.15 p.m.** **Walking Meditation (*Introduction & Practice*)**
- 1.00 p.m.** **Discourse on *the Theme***
- 2.00 p.m.** **--- Tea Break --- (*Sipping Tea with Mindfulness*)**
- 2.30 p.m.** **Insight (Vipassana) Meditation (*Silent*)**
- 3.30 p.m.** **Loving-kindness Meditation (*Metta Bhavana*)**
- 4.00 p.m.** **Retreat Ends**

West End Buddhist Centre Dhamma-dana Project - January 2009
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