

**2020 Online Abhidhamma Retreat Schedule  
Sept 4 (Friday) through Sept 7 (Monday)**

**Ven. Bhikkhu Bodhi**

Items in *italics* are offline, to be undertaken at your own home. Items in normal type are to be conducted online via Zoom. Zoom links will be sent out later. All lecture sessions will include time for questions and discussion. The retreat will be based on *Visuddhimagga*, chapters 18 to 23. For the contents of each session, see the Syllabus.

<b>TIME</b>	<b>FRIDAY SEPT 4</b>	<b>SATURDAY SEPT 5</b>	<b>SUNDAY SEPT 6</b>	<b>MONDAY SEPT 7</b>
<b>6:00–6:50 AM</b>		<i>Personal Practice</i>	<i>Personal Practice</i>	<i>Personal Practice</i>
<b>7:00–8:00 AM</b>		<i>Breakfast &amp; cleanup</i>	<i>Breakfast &amp; cleanup</i>	<i>Breakfast &amp; cleanup</i>
<b>9:20–10:00 AM</b>		Meditation	Meditation	Meditation
<b>10:00–11:20 AM</b>		Lecture 2	Lecture 5	Lecture 8
<b>11:30 AM– 12:30 PM</b>		<i>Lunch &amp; cleanup</i>	<i>Lunch &amp; cleanup</i>	<i>Lunch &amp; cleanup</i>
<b>12:30 –01:30 PM</b>		<i>Rest</i>	<i>Rest</i>	<i>Rest</i>
<b>01:30–2:25 PM</b>		Breakout group	Breakout group	Breakout group
<b>2:30–3:00 PM</b>		Q & A 1	Q & A 2	Lecture 9
<b>3:00–3:10 PM</b>		Tea break	Tea break	Tea break
<b>3:10 –4:30 PM</b>		Lecture 3	Lecture 6	Q & A 3 (until 4 PM)
<b>4:40–5:30 PM</b>		Chanting & meditation	Chanting & meditation	4 PM: End of retreat: final sharing of merits.
<b>5:30–6:45 PM</b>		<i>Dinner/Refreshment Walk</i>	<i>Dinner/Refreshment Walk</i>	
<b>6:45–7:00 PM</b>	Orientation	—	—	—
<b>7:00–8:20 PM</b>	Lecture 1	Lecture 4	Lecture 7	
<b>8:30–9:00 PM</b>	Loving-kindness & sharing of merits	Loving-kindness & sharing of merits	Loving-kindness & sharing of merits	
<b>9:00 PM</b>	<i>Personal Practice or Sleep</i>	<i>Personal Practice or Sleep</i>	<i>Personal Practice or Sleep</i>	