

2026 ABHIDHAMMA RETREAT SCHEDULE

	FRIDAY 9/4	SATURDAY & SUNDAY 9/5 & 9/6	MONDAY 9/7
5:20 am	Registration: 3–5 pm. If you can't make it in time, please inform the office.	Wake Up	
6:00–6:20 am		Morning service	
6:20–6:50 am		Meditation (Ven. Bodhi)	
7:00–7:30 am		Breakfast	
7:30–8:10 am		Clean Up	
8:20–8:50 am		Meditation (Ven. Mangala)	
9:00–9:45 am		Lecture & discussion SESSION 2	Lecture & discussion SESSION 7
9:45–10:00 am		Exercise (Alison)	
10:00–10:45 am		Lecture & discussion SESSION 3	Lecture & discussion SESSION 8
10:50–11:20 am		Meditation (Ven. Chang Ray)	
11:30 am–12 pm		Lunch	
12:10–1:00 pm		Clean Up	
1:00–1:30 pm		Rest & personal study	Three Refuges & Five Precepts
1:40–2:10 pm		Meditation (Ven. Mangala)	
2:20–3:05 pm		Lecture & discussion SESSION 4	Lecture & discussion SESSION 9
3:05–3:20 pm		Exercise (Ven. Chanxi)	
3:25–4:10 pm		Lecture & discussion SESSION 5	Lecture & discussion SESSION 10
4:20–5:00 pm		Meditation (Ven. Mangala)	
5:00–5:30 pm		Evening service (Ven. Mangala)	
5:30–7:00 pm	Light meal 5:30–6:15 pm Orientation 6:30–7:00 pm	Light meal & break	
7:00–8:00 pm	Lecture & Discussion SESSION 1	Q & A SESSION 6	Q & A SESSION 11
8:10–9:00 pm	Metta Meditation	Metta Meditation	Metta Meditation