



## **BUDDHIST VIHARA VICTORIA INCORPORATED**

125 Homestead Road Berwick VIC 3806 AUSTRALIA

Tel: 03 9702 6275 Fax: 03 9702 6274

Website: [www.vihara.org.au](http://www.vihara.org.au) Email: [buddhist@vihara.org.au](mailto:buddhist@vihara.org.au)

### **Five Day Retreat (21 September 2009 – 25 September 2009)**

#### **Day 1**

08:30 - 09:00 Taking eight precepts and explanation of samatha (Buddhanussati) bhavana

09:00 - 10:00 Practice of Buddhanussati bhavana

10:00 - 11:00 Practice of samatha bhavana

11:00 - 12:30 Dana (lunch) and rest time

12:30 - 01:30 Practice of sakman (walking) bhavana

01:30 - 02:30 Questions and answers regarding samatha bhavana and other matters **especially related** to meditation

02:30 - 03:30 Explanation of anapanasati bhavana

03:30 - 04:00 Tea break and rest

04:00 - 05:00 Practice of anapanasati bhavana and finish



## **BUDDHIST VIHARA VICTORIA INCORPORATED**

125 Homestead Road Berwick VIC 3806 AUSTRALIA

Tel: 03 9702 6275 Fax: 03 9702 6274

Website: [www.vihara.org.au](http://www.vihara.org.au) Email: [buddhist@vihara.org.au](mailto:buddhist@vihara.org.au)

### **Five Day Retreat (21 September 2009 – 25 September 2009)**

#### **Day 2**

08:30 - 09:00 Taking eight precepts and explanation of samatha (metta) bhavana

09:00 - 10:00 Practice of metta bhavana

10:00 - 11:00 Practice of samatha bhavana

11:00 - 12:30 Dana (lunch) and rest time

12:30 - 01:30 Practice of sakman (walking) bhavana

01:30 - 02:30 Questions and answers regarding samatha bhavana and other matters **especially related** to meditation

02:30 - 03:30 Explanation of anapanasati bhavana

03:30 - 04:00 Tea break and rest

04:00 - 05:00 Practice of anapanasati bhavana and finish



## **BUDDHIST VIHARA VICTORIA INCORPORATED**

125 Homestead Road Berwick VIC 3806 AUSTRALIA

Tel: 03 9702 6275 Fax: 03 9702 6274

Website: [www.vihara.org.au](http://www.vihara.org.au) Email: [buddhist@vihara.org.au](mailto:buddhist@vihara.org.au)

### **Five Day Retreat (21 September 2009 – 25 September 2009)**

#### **Day 3**

08:30 - 09:00 Taking eight precepts and explanation of samatha (asubha) bhavana

09:00 - 10:00 Practice of asubha bhavana

10:00 - 11:00 Practice of samatha bhavana using asubha

11:00 - 12:30 Dana (lunch) and rest time

12:30 - 01:30 Practice of sakman (walking) bhavana

01:30 - 02:30 Questions and answers regarding samatha bhavana and other matters **especially related** to meditation

02:30 - 03:30 Explanation of anapanasati bhavana

03:30 - 04:00 Tea break and rest

04:00 - 05:00 Practice of anapanasati bhavana and finish



## **BUDDHIST VIHARA VICTORIA INCORPORATED**

125 Homestead Road Berwick VIC 3806 AUSTRALIA

Tel: 03 9702 6275 Fax: 03 9702 6274

Website: [www.vihara.org.au](http://www.vihara.org.au) Email: [buddhist@vihara.org.au](mailto:buddhist@vihara.org.au)

### **Five Day Retreat (21 September 2009 – 25 September 2009)**

#### **Day 4**

08:30 - 09:00 Taking eight precepts and explanation of samatha (dhatu manasikaraya) bhavana

09:00 - 10:00 Practice of dhatu manasikaraya bhavana

10:00 - 11:00 Practice of samatha bhavana using dhatu manasikaraya

11:00 - 12:30 Dana (lunch) and rest time

12:30 - 01:30 Practice of sakman (walking) bhavana

01:30 - 02:30 Questions and answers regarding samatha bhavana and other matters **especially related** to meditation

02:30 - 03:30 Explanation of vipassana bhavana

03:30 - 04:00 Tea break and rest

04:00 - 05:00 Practice of vipassana bhavana and finish



## **BUDDHIST VIHARA VICTORIA INCORPORATED**

125 Homestead Road Berwick VIC 3806 AUSTRALIA

Tel: 03 9702 6275 Fax: 03 9702 6274

Website: [www.vihara.org.au](http://www.vihara.org.au) Email: [buddhist@vihara.org.au](mailto:buddhist@vihara.org.au)

### **Five Day Retreat (21 September 2009 – 25 September 2009)**

#### **Day 5**

08:30 - 09:00 Taking eight precepts and explanation of samatha and vipassana bhavana

09:00 - 10:00 Practice of vipassana bhavana

10:00 - 11:00 Practice of samatha and vipassana bhavana

11:00 - 12:30 Dana (lunch) and rest time

12:30 - 01:30 Practice of sakman (walking) bhavana

01:30 - 02:30 Questions and answers regarding samatha and vipassana bhavana and other matters **especially related to meditation**

02:30 - 03:30 Explanation of vipassana bhavana

03:30 - 04:00 Tea break and rest

04:00 - 05:00 Practice of vipassana bhavana and finish