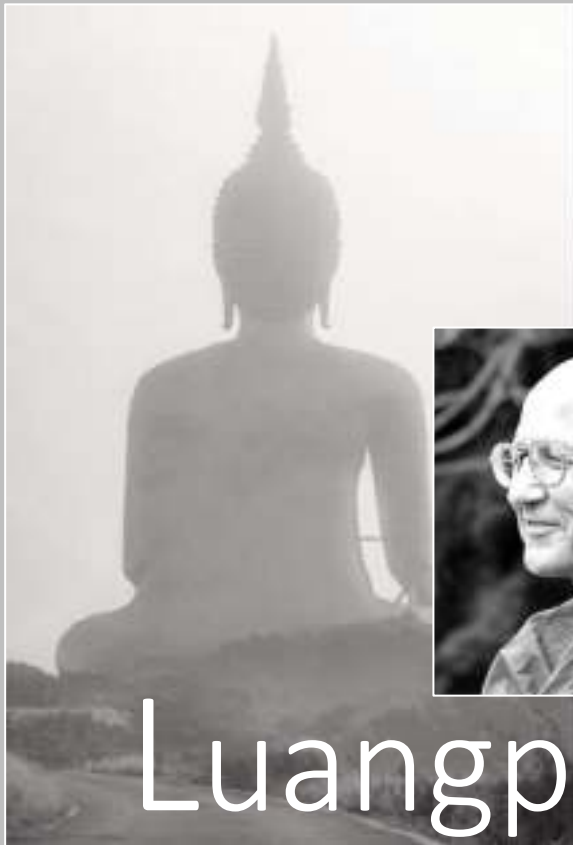


Virtual Meditation Retreat

with



Luangpor
Viradhammo

21st-30th November 2022

Thailand

Welcome

We rejoice in your interest to join us in the upcoming retreat with Luangpor Viradhammo. Luangpor will conduct an in-person retreat in Thailand from 21st to 30th November 2022. Over the days of the retreat, we will create an online ZOOM link for practicing together and sharing this precious opportunity to receive teachings from Luangpor.

Join Zoom Meeting :

<https://bit.ly/LuangporViradhammo>

Meeting ID: 922 5374 0296

Passcode: Dhamma

(No registration is required.)

Retreat Schedule

Time Zone Converter:

<https://www.timeanddate.com/worldclock/converter.html>

Day	Thailand	Program	Zoom
21 Nov 22	7:00 pm	Commencing Zoom Session with Luangpor Request for the Eight Precepts/Five Precepts Sitting Meditation Instruction from Luangpor	Zoom+
22-29 Nov 22	8:00 - 8:30 am	Morning Chanting	Zoom
	8:30 - 9:30 am	Reflections and Guided Meditation	Zoom+
	9:30 - 11:00 am	Walking and Sitting Meditation	
	11:00 am – 2:00 pm	Personal Time	
	2:00 - 3:00 pm	Reflections and Guided Meditation	Zoom+
	3:00 - 5:00 pm	Walking and Sitting Meditation	
	5:00 pm	Personal Time	
	6:45 - 7:50 pm	Evening Chanting and Sitting Meditation	Zoom
	7:50 - 8:00 pm	Short Break	
	8:00 - 9:15 pm	Dhamma Talk & Q&A	Zoom+
30 Nov 22	8:30 - 10:30 am	Final Instruction from Luangpor Asking for forgiveness Request for Five Precepts and Closing Ceremony	Zoom+

Zoom+	Zoom session with Luangpor
Zoom	Zoom session with organizer

*The timetable may be subject to change.



Q&A Session

There will be a Q&A session each day after Dhamma Talk. If you have any questions for Luangpor, please submit your questions via online form before 2:00 pm (Thailand time) daily. To submit your question, [click here](#).

Due to time limitation for Q&A session, we appreciate your kind understanding if your question is not answered.

Recording

Unedited recordings of each ZOOM session with Luangpor will be uploaded daily on YouTube a few hours after the live session. For the recordings, [click here](#).

Chanting

[Click here](#) to access the chanting book. The Chanting Booklet will be used throughout the retreat. You may follow the chanting text on screen or print this out.

Morning Chanting

- Dedication of offering Pali- English Page 2-8
- The Buddha's Words on Loving-Kindness English only Page 37&39
- Closing homage Pali-English. Page 16

Evening Chanting

- Dedication of offering Pali Page 18/20/22/24/26/28
- Suffusion with the divine abiding Pali Page 42&44
- Verses of Sharing and Aspiration English only Page 33
- Closing homage Pali-English Page 16

Dana



This retreat is free-of-charge. However, participants may contribute towards Tisarana Buddhist Monastery, where Luangpor is the abbot.

All donations will be contributed to support the on-going construction of the new Dhamma Hall.

For more details of the new Dhamma Hall:
<https://sala.tisarana.ca/>

To make a donation, you can contact the monastery directly via this website:
<https://tisarana.ca/contribute-food-and-supplies/donations/>

For participants in Thailand, we are assisting in the collection of the dana and transfer to Tisarana Monastery in Canada. Please transfer no later than Dec 7.

Bank Account:

Account Name: Kanitta Tantavichien

Bank Name : Kasikornbank

Account No. : 0622385732

Kindly send us the pay-in document, your name, and donation amount to

friendindhamma@gmail.com

ZOOM Information

<https://bit.ly/LuangporViradhammo>

Meeting ID: 922 5374 0296

Passcode: Dhamma

One tap mobile

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Dial by your location

+1 646 931 3860 US

+1 669 444 9171 US

+1 669 900 9128 US (San Jose)

+1 719 359 4580 US

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington DC)

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 386 347 5053 US

+1 564 217 2000 US

+1 646 558 8656 US (New York)

Meeting ID: 922 5374 0296

Passcode: 402069

Find your local number: <https://zoom.us/j/92253740296>

Contact Us



Email: friendindhamma@gmail.com