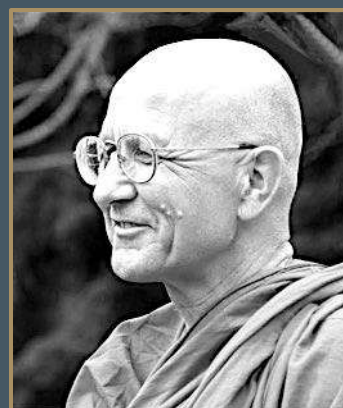


Craft of the Heart

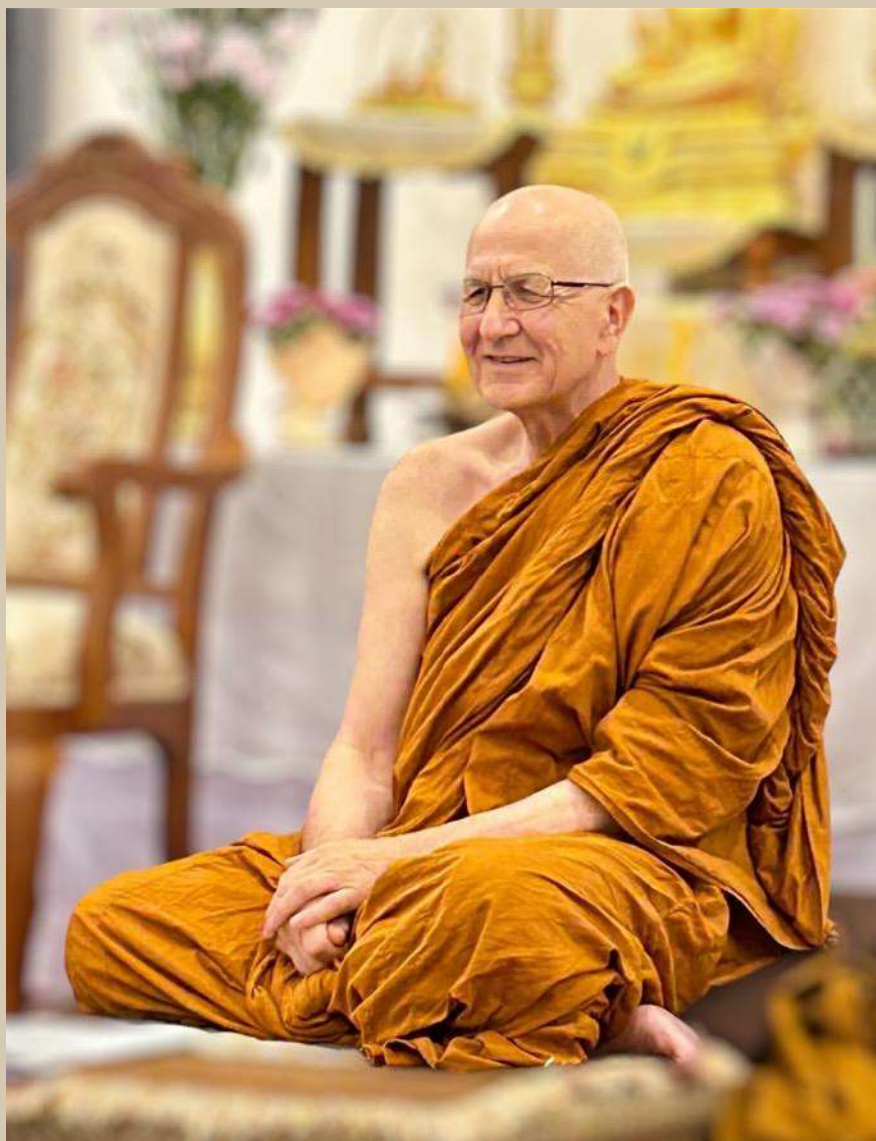
Online Meditation Retreat
with

Luangpor Viradhammo



14-23 November 2025

Nera Nara Retreat Center
Thailand



Luangpor Viradhammo

Luangpor Viradhammo's

Biography

Luangpor was born in Germany in 1947 to Latvian refugee parents and moved to Toronto at age four. Around 1969, while in India, he encountered Buddhism through the late Sāmanera Bodhesako. In 1973, he eventually travelled to Thailand to become a novice monk at Wat Mahathat in Thailand and was ordained as a bhikkhu in 1974 at Wat Nong Pah Pong with Ajahn Chah. He was among the first residents of Wat Pah Nanachat, the international monastery in north-east Thailand. Having spent four years in Thailand, he returned to Canada to visit his family in 1977. Instead of returning to Thailand, he was asked by Ajahn Chah to join Ajahn Sumedho at Hampstead Vihāra in London. He later was involved in the establishment of Chithurst and Harnham monasteries in the UK.

In 1985, invited by the Wellington Theravāda Buddhist Association, he moved to New Zealand, accompanied by Venerable Thanavaro, where he lived for 10 years, setting up Bodhinyānārāma monastery. In 1995, he returned to the UK to assist Ajahn Sumedho at Amaravati for four years before going back to New Zealand until 2002. From 2002 to 2011, he lived in Ottawa caring for his mother. In 2006, he founded Tisarana Buddhist Monastery in Perth, Ontario, where he is currently abbot.



Welcome

Please be invited to join the 10-day online meditation retreat with Luangpor Viradhammo. We're grateful to have this precious opportunity from Luangpor to share his insightful teachings to all of us.

Start : Friday, 14 November 2025 at 7:00 pm

End : Sunday, 23 November 2025 at 10:00 am

Thailand time (UTC+7)

All are welcome. No registration is required.



ZOOM Log In

Link: [Click here](#) to join all ZOOM sessions

Meeting ID: 944 7336 7952

Passcode: 123456

Zoom Retreat Timetable (Thailand Time)		
Thailand (UTC+7)	Agenda	

14 November 2025		
6:45 - 7:00 pm	Participants Join Zoom Session	ZOOM
7:00 - 8:00 pm	Opening Session with Luangpor	
	Requesting the 3 Refuges & 8 Precepts	
	Sitting Meditation & Instruction from Luangpor	
15 - 22 November 2025		
5:30 - 8:30 am	Personal Practice	
8:30 - 9:30 am	Reflections and Guided Meditation	ZOOM
9:30 am - 2:00 pm	Personal Practice	
2:00 - 3:00 pm	Reflections and Guided Meditation	ZOOM
3:00 - 8:00 pm	Personal Practice	
8:00 - 9:15 pm	Dhamma Talk & Q&A	ZOOM
23 November 2025		
5:30 - 8:30 am	Personal Practice	
8:30 - 10:30 am	Final Instruction from Luangpor	ZOOM
	Asking for Forgiveness	
	Requesting the 3 Refuges & 5 Precepts	



ZOOM session

** The timetable may be subject to change.
Time Zone Converter:
<https://www.timeanddate.com/worldclock/converter.html>

Zoom Retreat Timetable (Ottawa, Canada)



EST (UTC-5)

Agenda

14 November 2025

6:45 - 7:00 am	Participants Join Zoom Session	ZOOM
7:00 - 8:00 am	Opening Session with Luangpor Requesting the 3 Refuges & 8 Precepts Sitting Meditation & Instruction from Luangpor	
8:00 am - 8:30 pm	Personal Practice	
8:30 pm - 9:30 pm	Reflections and Guided Meditation	ZOOM

15 - 21 November 2025

2:00 - 3:00 am	Reflections and Guided Meditation	ZOOM
3:00 - 8:00 am	Personal Practice	
8:00 - 9:15 am	Dhamma Talk & Q&A	ZOOM
9:15 am - 8:30 pm	Personal Practice	
8:30 - 9:30 pm	Reflections and Guided Meditation	ZOOM

22 November 2025

2:00 - 3:00 am	Reflections and Guided Meditation	ZOOM
3:00 - 8:00 am	Personal Practice	
8:00 - 9:15 am	Dhamma Talk & Q&A	ZOOM
9:15 am - 8:30 pm	Personal Practice	
8:30 - 10:30 pm	Final Instruction from Luangpor Asking for Forgiveness Requesting the 3 Refuges & 5 Precepts	ZOOM

ZOOM session

** The timetable may be subject to change.

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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](#).



Dana

This retreat is freely offered. If you wish to express your gratitude, you may make a donation directly to Tisarana Buddhist Monastery, where Luang Por is the abbot, through the monastery's website:

<https://tisarana.ca/financial-contributions/>



Contact Us

If you need any help or have any further questions, please contact :

Friendindhamma@gmail.com



Organized
By
The Angel Group