



"Spring Awakening"

A Day of Mindfulness by
"Peace is the Way of Guildford Sangha"
Sunday 23rd April 2023

Location:

Bell Master:

Late Morning Programme:

- 11:30am - 12pm: Arrivals, Set up, Tea & Coffee (set up table with Buddha, flowers, candles. Computer speakers for talk - facilitated by)
- 12pm - 12:10pm: Welcome & Introductions (Name, where we are arriving from this morning and inner weather) (facilitated by)
- 12:10pm - 12:40pm: Guided Meditation (facilitated by)
- 12:40pm - 12:55pm: Walking Meditation (facilitated by)
- 12:55pm - 2pm: Lunch in PV style (reading of the "Five Contemplations", followed by silent, mindful eating for 20 mins. Followed by gentle talk to each other while eating).

Afternoon Programme:

- 2pm - 2:30pm: Dharma Talk on laptop: "Love is the Answer" (facilitated by)
- 2:30pm - 3pm: Deep Relaxation (facilitated by)
- 3pm - 3:20pm: Walking Meditation outside, weather permitting (facilitated by)
- 3:20pm - 4pm: Dharma Sharing in Groups (facilitated by - groups tbc)
- 4pm - 4:15pm: Tea & Coffee
- 4:15pm - 4:45pm: Creative Practices: singing, ukulele, poems (facilitated by)
- 4:45pm - 4:50pm: Silent Meditation
- 4:50pm - 5pm: Close with the reading of the "5 Mindfulness Trainings"
- 5pm - 5:30pm: Clear Up (facilitated by- out by 5:30pm)

