

The Four Protective Meditations

Bhikkhu Bodhi

Heartwood Refuge Retreat Center

Time	Thursday July 16	Fri & Sat July 17 & 18	Sunday July 19
8:30 AM		Personal Practice	Meditation Instructions
9:00-10 AM		Meditation Instructions	Sitting meditation and short chanting
10:-11 AM		Sitting meditation and short chanting	Q&A & End Retreat
11:00 -2PM		Lunch/Free Time	
2:00-2:45 PM		Review instructions & Sitting	
3:00 – 3:40 PM		Sitting	
4:00-5:00 PM		Questions	
5:00-7 PM	6:30 Zoom Orientation	Supper – Personal Practice	
7:00 -7:45 PM	Recollection of the Buddha <i>(buddhānussati)</i>	Evening Chanting & Talk	
8:00-9:00 PM	Sitting & Sharing of the Merits	Sitting & Sharing of the Merits	
9:00 PM	Personal Practice or Sleep	Personal Practice or Sleep	

Thursday: Recollection of the Buddha (*buddhānussati*)

Friday: Loving-Kindness (*mettābhāvanā*)

Saturday: Contemplation of the body (*kāyagatā sati*)

Sunday: Mindfulness of Death (*marañassati*)

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- Please mute yourself during guided meditations
- Please unmute yourself to ask a question during Q&A periods
- You can use the Chat feature to type in and ask a question
- In “Manage Participants” on bottom, you can raise your hand on bottom
- Please show up for scheduled meeting with the teacher