

5-DAY MEDITATION RETREAT
led by **Professor B. Alan Wallace**

The Way of *Śamatha*: Soothing the Body, Stilling the Mind, and Illuminating Awareness

22-26 January 2016
at HKU Kadoorie Centre, Shek Kong, N.T., HK

Sponsored by MaMa Charitable Foundation
Organized by Centre of Buddhist Studies, HKU

Programme

Time	Day 1 22 Jan 2016
16:00 - 18:00	Registration
18:00 - 19:00	Dinner
19:00 - 20:30	Orientation & Lecture

Time	Day 2 to 4 23-25 Jan 2016
08:15 - 08:45	Breakfast
08:45 - 09:00	Break
09:00 - 12:00	Lecture & Meditation, with a 15-minute break
12:00 - 12:30	Break
12:30 - 13:30	Lunch
13:30 - 14:00	Break
14:00 - 17:00	Lecture & Meditation, with a 15-minute break
17:00 - 17:30	Break
17:30 - 18:30	Dinner
18:30 - 19:00	Break
19:00 - 20:30	Meditation & Discussion

Time	Day 5 26 Jan 2016
08:15 - 08:45	Breakfast
08:45 - 09:00	Break
09:00 - 12:00	Lecture & Meditation, with a 15-minute break
12:00 - 12:30	Break
12:30 - 13:30	Lunch
13:30 - 14:00	Break
14:00 - 15:30	Lecture / Meditation

(*The above schedule may be adjusted without prior notice.)