satipaṭṭhāna | online retreat with Bhikkhu Anālayo & Bhikkhunī Dhammadinnā | July 30th (Saturday) – August 6th (Saturday), 2022								
TPE/BJ time / *day*	***sat 30th***	***sun 31st***	***mon 1st***	***tue 2nd***	***wed 3rd***	***thur 4th***	***fri 5th***	***sat 6th***
7.00		guided meditation 1: anatomy	guided meditation 2: elements	guided meditation 3: death	guided meditation 4: feelings	guided meditation 5: mind	guided meditation 6: hindrances	guided meditation 7: awakening factors
14.00		guided meditation 1: anatomy	guided meditation 2: elements	guided meditation 3: death	guided meditation 4: feelings	guided meditation 5: mind	guided meditation 6: hindrances	guided meditation 7: awakening factors
17.00		guided meditation 1: anatomy	guided meditation 2: elements	guided meditation 3: death	guided meditation 4: feelings	guided meditation 5: mind	guided meditation 6: hindrances	guided meditation 7: awakening factors
18.30	opening Q&A room	opening Q&A room	opening Q&A room	opening Q&A room	opening Q&A room	opening Q&A room	opening Q&A room	opening Q&A room
19.00 - 20.30	intro (Bh. Dhammadinnā & team)	Q&A (Bh. Anālayo)	Q&A (Bh. Dhammadinnā)	Q&A (Bh. Anālayo)	Q&A (Bh. Dhammadinnā)	Q&A (Bh. Anālayo)	Q&A (Bh. Dhammadinnā)	Q&A (Bh. Anālayo)
***available from* 20.30**	video 1: anatomy	video 2: elements	video 3: death	video 4: feelings	video 5: mind	video 6: hindrances	video 7: awakening factors	closing (team)
21.15	guided meditation 1: anatomy	guided meditation 2: elements	guided meditation 3: death	guided meditation 4: feelings	guided meditation 5: mind	guided meditation 6: hindrances	guided meditation 7: awakening factors	