satipaṭṭhāna | online retreat with teachings by Bhikkhu Anālayo, conducted by Bhikkhunī Dhammadinnā | May 27th (Sat) – June 3rd (Sat), 2023

day / TPE/BJ time	*sat 27th*	*sun 28th*	*mon 29th*	*tue 30th*	*wed 31st*	*thur 1st*	*fri 2nd*	*sat 3rd*
6.00		guided meditation 1 (Bh. Anālayo): anatomy	guided meditation 2 (Bh. Anālayo): elements	guided meditation 3 (Bh. Anālayo): death	guided meditation 4 (Bh. Anālayo): feeling tones	guided meditation 5 (Bh. Anālayo): mind	guided meditation 6 (Bh. Anālayo): hindrances	guided meditation 7 (Bh. Anālayo): awakening factors
9.00		guided meditation 1 (Bh. Anālayo): anatomy	guided meditation 2 (Bh. Anālayo): elements	guided meditation 3 (Bh. Anālayo): death	guided meditation 4 (Bh. Anālayo): feeling tones	guided meditation 5 (Bh. Anālayo): mind	guided meditation 6 (Bh. Anālayo): hindrances	guided meditation 7 (Bh. Anālayo): awakening factors
14.00		guided meditation 1: anatomy (Bh. Anālayo)	guided meditation 2: elements (Bh. Anālayo)	guided meditation 3: death (Bh. Anālayo)	guided meditation 4 feeling tones (Bh. Anālayo)	guided meditation 5: mind (Bh. Anālayo)	guided meditation 6: hindrances (Bh. Anālayo)	guided meditation 7: awakening factors (Bh. Anālayo)
17.00		guided meditation 1: anatomy (Bh. Anālayo)	guided meditation 2: elements (Bh. Anālayo)	guided meditation 3: death (Bh. Anālayo)	guided meditation 4 feeling tones (Bh. Anālayo)	guided meditation 5: mind (Bh. Anālayo)	guided meditation 6: hindrances (Bh. Anālayo)	guided meditation 7: awakening factors (Bh. Anālayo)
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 (team & Bh. Dhammadinnā)	Q&A (Bh. Dhammadinnā)	Q&A (Bh. Dhammadinnā)	Q&A (Bh. Dhammadinnā)	Q&A (Bh. Dhammadinnā)	Q&A (Bh. Dhammadinnā)	Q&A (Bh. Dhammadinnā)	Q&A (Bh. Dhammadinnā)
***available from* 20.30**	video 1: anatomy (Bh. Anālayo)	video 2: elements (Bh. Anālayo)	video 3: death (Bh. Anālayo)	video 4: feeling tones (Bh. Anālayo)	video 5: mind (Bh. Anālayo)	video 6: hindrances (Bh. Anālayo)	video 7: awakening factors (Bh. Anālayo)	closing (team)
21.15	guided meditation 1: anatomy (Bh. Anālayo)	guided meditation 2: elements (Bh. Anālayo)	guided meditation 3: death (Bh. Anālayo)	guided meditation 4 feeling tones (Bh. Anālayo)	guided meditation 5: mind (Bh. Anālayo)	guided meditation 6 (Bh. Anālayo): hindrances	guided meditation 7: awakening factors (Bh. Anālayo)	