

AO Women's Weekend 19 - 21 February 2021
Programme outline

Theme - Going For Refuge to the Sangha

Friday Evening:

- 7 - 8.30 pm Introduction including dedication ritual

Saturday:

- 8.00 – 9.00 am Meditation
- 10.30 -12.30 pm Talk/s and meditation
- 4.00 - 5.30 pm Groups and meditation
- 7.30 - 8.30 pm Ritual

Sunday:

- 8.00 – 9.00 am Meditation
- 10.30 -12.30 pm Talks and meditation
- 2.00 - 3.30 pm Info update followed by groups and closing ritual