

# Uposatha Day Observance

Monday June 20<sup>th</sup>

8am – 8pm

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## From AccesstoInsight.org:

*Uposatha days are times of renewed dedication to Dhamma practice, observed by lay followers and monastics throughout the world of Theravada Buddhism.*

*Lay people observe the [Eight Precepts](#) on Uposatha days, as a support for meditation practice and as a way to re-energize commitment to the Dhamma. Whenever possible, lay people use these days as an opportunity to visit the local monastery, in order to make special offerings to the Sangha, to listen to Dhamma, and to practice meditation with Dhamma companions late into the night. For those not closely affiliated with a local monastery, it can simply be an opportunity to step up one's efforts in meditation, while drawing on the invisible support of millions of other practicing Buddhists around the world.*

## Location: Albuquerque Vipassana Center, 200 Rosemont NE

Yogis may come and go as suits them but please limit arriving and leaving to scheduled walking meditation or meal times. Each retreatant will be responsible for their own breakfast and lunch. Yogis should review the eight precepts and when these are recited simply remain silent for any precept the yogi chooses not to follow in their practice.

Noble silence anywhere in the building from the beginning of the retreat until the closing will be the day's practice. Speaking quietly for inquiry or clarification only, please, in respect of others' practice. **See Uposatha Day schedule on back of this flyer.**

For more information or to volunteer to help, please contact: Steve Katona [srtraveler@gmail.com](mailto:srtraveler@gmail.com) (<https://uposatha.org/>) More details will be posted on [uposatha.org](https://uposatha.org/) including chants and other printable resources



in the Theravada Buddhist tradition

## Schedule for the Day:

8:00-9:00 am A few comments about the schedule and etiquette followed by Chanting: Homage to the Buddha; Precepts; Taking Refuge; metta; sitting meditation for the remainder of the hour.

9:00-9:30 am walking

9:30-10:15 sitting meditation

10:15-10:45 walking meditation

10:45 am-11:30 pm sitting meditation

11:30 pm-1 pm lunch on your own and personal time

1:00 pm-1:45 pm sitting meditation

1:45 pm-2:15 pm walking meditation

2:15 pm-3:00 pm sitting meditation

3:00 pm-3:30 pm walking meditation

3:30 pm-4:45 pm sitting of great determination

4:45 pm-5:30 pm tea or juice break on your own

5:30 pm-6:30 pm Dhamma talk and discussion

6:30 pm-7:00 pm walking meditation

7:00-7:45 sitting meditaion

7:45-- Metta chanting and closing



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