

The Natural Elements in Meditation

a Virtual Retreat with Ajahn Sona

all on the Ajahn Sona YouTube Channel
YouTube.com/AjahnSona

Schedule of Events

All times PDT (GMT/UTC -7)
Full retreat information at birken.ca/elements

How to follow along with the retreat:

YouTube Playlists are created for each day of the retreat and can be easily found on our retreat webpage, above.

- Events listed below as “Premiere” have a watch page that is visible before the premiere. The video automatically plays at the scheduled time.
- Events that are labeled “Posted at listed time” will not show up in the playlist until that time. It may show up as “private” before the release time.

June 8

- 1:30 pm - Arriving at Your Inner Monastery (*Premiere*)
- 4:00 pm - Live Orientation and Q&A with Ajahn Sona (*Live*)
- 6:30 pm - The Five and Eight Precepts (*Premiere*)
- 7:00 pm - Evening Meditation with Guided Instructions (*Premiere*)
- 8:15 pm - Introductory Dhamma Talk (*Premiere*)

June 9

- 8:00 am - Making your Earth Kasina - Instructions on making a clay earthen kasina from Ajahn Sona (*Premiere*)
- 8:15 am - Making your Blue Kasina (*Posted in playlist at listed time*)
- 9:00 am - The Nature of the Retreat (*Posted in playlist at listed time*)
- 11:30 am - Meal Blessing in Pali (*Premiere*)
- 11:30 am - Meal Blessing in English (*Posted in playlist at listed time*)
- 1:30 pm - Afternoon Meditation with Guided Instructions (*Premiere*)
- 4:00 pm - Live Q&A with Ajahn Sona (*Live*)
- 7:00 pm - Evening Meditation with Guided Instructions (*Premiere*)
- 8:15 pm - Dhamma Talk - Earth and Water Kasinas (*Premiere*)

June 10

- 8:00 am - Red Kasina - Visual Representation of Red Kasina, narration by Ajahn Sona (*Posted in playlist at listed time*)
- 8:00 am - Blue Kasina - Visual Representation of Blue Kasina, narration by Ajahn Sona (*Posted in playlist at listed time*)
- 8:00 am - The Nature of the Retreat (*Posted in playlist at listed time*)
- 10:00 am - Walking Meditation Instructions with Ajahn Sona (*Posted in playlist at listed time*)
- 1:30 pm - Afternoon Meditation (*Premiere*)
- 4:00 pm - Live Q&A with Ajahn Sona (*Live*)
- 7:00 pm - Evening Meditation with Guided Instructions (*Premiere*)
- 8:15 pm - Dhamma Talk - Air and Fire Kasinas (*Premiere*)

June 11

8:00 am - The Nature of the Retreat *(Posted in playlist at listed time)*

10:00 am - Meditation in Nature *(Posted in playlist at listed time)*

1:30 pm - Afternoon Meditaiton *(Premiere)*

4:00 pm - Live Q&A with Ajahn Sona *(Live)*

7:00 pm - Evening Meditaiton with Guided Instructions *(Premiere)*

8:15 pm - Dhamma Talk - The Color Kasinas *(Premiere)*

June 12

8:00 am - The Nature of the Retreat *(Posted in playlist at listed time)*

10:00 am - Meditation in Nature *(Posted in playlist at listed time)*

1:30 pm - Afternoon Meditaiton *(Premiere)*

4:00 pm - Live Q&A with Ajahn Sona *(Live)*

7:00 pm - Evening Meditaiton with Guided Instructions *(Premiere)*

8:15 pm - Dhamma Talk - Conclusion *(Premiere)*

June 13

6:30 am - Closing Morning Meditation *(Premiere)*