

# Two-Days Weekend Retreat

June 28-29, 2025

## Introduction to the Three Highest Trainings (Morality, Meditation, Wisdom)

### June 28 (Day 1, Saturday)

8:15 am : Arrival  
8:30 am : Introduction–Mindfulness Meditation  
9:00 am : Sitting and Walking Meditation  
9:45 am : Break  
10:00 am : Dharma Talk 1–Morality  
10:30 am : Discussion on Morality  
11:00 am : Sitting Meditation  
11:25 am : Walking to Blue Lotus House  
11:30 am : Vegetarian Lunch & Clean-Up  
  
1-1:30 pm : Dharma Talk 2–Meditation  
1:30 pm : Discussion on Meditation  
2:10 pm : Sitting and Walking Meditation  
2:50 pm : Break  
3:00 pm : Dharma Talk 3–Wisdom  
3:30 pm : Discussion on Wisdom  
4:30 pm : Dedication of Merit  
4:35 pm : Meditation Hall Clean-Up

### June 29 (Day 2, Sunday)

9:30 am : Sitting meditation  
10:00 am : Walking meditation  
10:15 am : Sunday Morning Talk–Summary of Three Highest Trainings  
10:50 am : Discussion  
11:30 am : Walking to Blue Lotus House  
11:45 am : Vegetarian Lunch & Clean-Up  
1:00-2:00 pm: Dharma Talk on Liberation and Emancipation; Discussion  
  
- Followed by Dedication of Merits  
- Confer Three Refuges and Five Precepts after Dedication of Merits  
- Ends with Clean-Up

At

Mid-America Buddhist Association (MABA)  
299 Heger Ln, Augusta, MO 63332  
[www.maba-usa.org](http://www.maba-usa.org)

Pre-registration is required as space is limited. A donation of \$50/day is requested to help cover the cost of food and resources.

Scan here to register

