

Mindfulness Retreat

April 25th - 26th , 2026

Ānāpānasati and Four Foundation of Mindfulness

April 25th, 2026 - Saturday

8:15 am : Arrival

8:30 am : Introduction–Mindfulness Meditation

9:00 am : Sitting and Walking Meditation

9:30 am : Walking Meditation

**9:40 am : Dharma Talk 1–Relationship between
Anapanasati & Satipathana**

10:10 am : Discussion

10:40 am :Break

**10:45 am : Dharma Talk 2-Six Wonderful Gates
connected to Five Types of Contemplation**

**11:15 am : Walking meditation & Discussion at Blue
Lotus House**

11:45 am : Vegetarian Lunch & Clean-Up

1:30 pm : Dharma Talk 3

2:00 pm : Discussion

2:30 pm : Break

3:00 pm : Sitting & Walking Meditation

3:30 pm : Q&A

4:30 pm : Merit Dedication

4:35 pm : Meditation Hall Clean-Up

April 26th, 2026 - Sunday

9:30 am : Sitting and Walking Meditation

**10:15 am : Sunday Dharma Talk - Mindfulness of
Mind**

10:50 am : Chanting

11:10 am : Walking to Blue Lotus House

11:20 am : Dharma Tea Discussion

11:45 am : Vegetarian Lunch & Clean-Up

1:30 pm : Dharma Talk 4-Mindfulness of Feeling

2:00 pm : Discussion

2:30 pm : Break

3:00 pm : Sitting and Walking Meditation

3:30 pm : Merit Dedication

4:00 pm : Clean-Up

At

Mid-America Buddhist Association (MABA)

299 Heger Ln, Augusta, MO 63332

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

