



**urban retreat 2013**  
**metta bhavana:**  
**blazing like the sun**  
**retreat program**

Retreat materials and resources: [www.thebuddhistcentre.com/urbanretreat](http://www.thebuddhistcentre.com/urbanretreat)

Web resources marked in orange (click for details).

Need help or information? Contact us: [support@thebuddhistcentre.com](mailto:support@thebuddhistcentre.com)

Day 1 Saturday 9th	<b>Basic Practice - Part 1</b> Introductory level material – available as text or video Exploring further material – available as text or video Led meditation practice – audio Daily practice reflection from Subhadramati – video: actions and consequences
Day 2 Sunday 10th	<b>Basic Practice - Part 2</b> Introductory level material – available as text or video Exploring further material – available as text or video Led meditation practice – audio Daily practice reflection from Subhadramati – video: looking ahead and being vigilant
Day 3 Monday 11th	<b>1st Stage of Metta Bhavana</b> Course material – available as text or video Led meditation practice – audio Daily practice reflection from Subhadramati – video: talking to yourself Ten Minute talk from Vessantara – audio News film from Clear Vision – video <a href="#">Daily podcasts begin</a> (see below)
Day 4 Tuesday 12th	<b>2nd Stage of Metta Bhavana</b> Course material – available as text or video Led meditation practice – audio Daily practice reflection from Subhadramati – video: reaching out Ten Minute talk from Vessantara – audio News film from Clear Vision – video <a href="#">Online meditation: 11am EST/4pm UK/5pm Europe/9.30pm India</a>
Day 5 Wednesday 13th	<b>3rd Stage of Metta Bhavana</b> Course material – available as text or video Led meditation practice – audio Daily practice reflection from Subhadramati – video: receiving gifts, expressing gratitude Ten Minute talk from Vessantara – audio News film from Clear Vision – video Posting-up Vessantara's answers to your questions – text <a href="#">and Twitter</a> (see below)
Day 6 Thursday 14th	<b>4th Stage of Metta Bhavana</b> Course material – available as text or video Led meditation practice – audio Daily practice reflection from Subhadramati – video: harmonising speech Ten Minute talk from Vessantara – audio News film from Clear Vision – video

<p>Day 7 Friday 15th</p>	<p><b>5th Stage of Metta Bhavana – Part 1</b>  Course material – available as text or video  Led meditation practice – audio  Daily practice reflection from Subhadramati – video: identifying imaginatively  Ten Minute talk from Vessantara – audio  News film from Clear Vision – video  Posting-up Vessantara's answers to your questions – text <a href="#">and Twitter</a> (see below)  <a href="#">Facebook Group live discussion: “Metta in the face of world problems”:</a>  <a href="#">11am EST/4pm UK/5pm Europe/9.30pm India</a></p>
<p>Day 8 Saturday 16th</p>	<p><b>5th Stage of Metta Bhavana – Part 2 And Conclusion</b>  Course material – available as text or video  Led meditation practice – audio  Daily practice reflection from Subhadramati – video: acting on the positive</p>

Submit questions any time during the retreat for Vessantara [on the site](#) or on Twitter to [@buddhistcentre](#) using the hashtag [#urbanretreat](#). Questions will be answered on the site and on Twitter on Wednesday and Friday.

[Send us pictures](#) of your Urban Retreat shrine and/or Buddha statues and we'll feature them on [Instagram](#).

[Listen for daily podcasts](#) (Monday-Friday)