

DASSANĀ BUDDHIST CENTRE

Programme Timetable for residential yogis

4.45 am - Wake up, Serving of Tea (ගිලන්පස)

5.00 am to 6.00 am - Group Meditation

6.00 am to 7.00 am - Meditation

7.00 am to 7.30 am - Serving of Breakfast (හීලේ දානය)

7.30 am to 10.00 am - Meditation

10.00 am to 10.15 am - Serving of Tea (ගිලන්පස)

10.15 am to 11.30 am - Meditation

11.30 am to 12.00 pm - Serving of Lunch (දහවල් දානය)

12.00 pm to 1.00 pm - Meditation

1.00 pm to 2.00 pm - Group Meditation

2.00 pm to 3.00 pm - Meditation

3.00 pm to 3.15 pm - Serving of Tea (ගිලන්පස)

3.15 pm to 5.45 pm - Meditation

5.45 pm to 6.00 pm - Serving of Tea (ගිලන්පස)

6.00 pm to 7.00 pm - Group Meditation

7.00 pm to 7.30 pm - Worship

7.30 pm to 8.30 pm - Dhamma Discussion

8.30 pm to 9.00 pm - Serving of Tea (ගිලන්පස)

9.00 pm to 10.00 pm - Meditation

10.00 pm - End of Day's Program