



## TIME TABLE

4:00	AM	WAKE UP
4:40 - 4:55	AM	A bowl of Kanji at Dana Sala
5:00 - 6:15	AM	GROUP SITTING MEDITATION
6:15 - 7:00	AM	SITTING/WALKING MEDITATION
7:00 - 7:30	AM	BREAKFAST
7:30 - 10:00	AM	SITTING/WALKING MEDITATION
10:00 - 10:15	AM	MORNING TEA
10:15 - 11:30	AM	SITTING/WALKING MEDITATION
11:30 - 12:00	AM	LUNCH
12:00 - 1:00	PM	WALKING MEDITATION
1:00 - 2:00	PM	SITTING/WALKING MEDITATION
2:00 - 3:00	PM	GROUP SITTING MEDITATION
3:00 - 3:30	PM	WALKING MEDITATION
3:30 - 3:45	PM	EVENING TEA
3:45 - 5:00	PM	SITTING/WALKING MEDITATION
5:00 - 6:00	PM	GROUP SITTING MEDITATION
6:00 - 6:30	PM	BUDDHA WANDANA
6:30 - 7:30	PM	DHAMMA DISCOURSE
7:30 - 8:00	PM	SUPPER
8:00 - 10:00	PM	SITTING/WALKING MEDITATION
10:00	PM	GOING TO SLEEP