

❁ SANTIKARAM FOREST TEMPLE ❁  
DAILY MEDITATION RETREAT PROGRAM

FOR BEGINNERS

06:00 – alarm clock, personal hygiene

**07:00 – 08:00 morning chanting & meditation**

*08:00 – 09:00 breakfast*

*09:00 – 10:00 walking meditation*

*10:00 – 11:00 sitting meditation*

**11:00 – 12:00 lunch**

12:00 – 13:00 rest, individual program

*13:00 – 14:00 walking meditation*

*14:00 – 15:00 sitting meditation*

*15:00 – 16:00 walking meditation*

*16:00 – 17:00 sitting meditation*

17:00 – 18:00 tea, refreshment

*18:00 – 19:00 sitting meditation*

**19:00 – 20:00 evening chanting & meditation**

**20:00 – 21:00 Dhamma-talk/discussion\***

*21:00 – 22:00 walking/sitting meditation*

22.00 – 6:00 rest

FOR ADVANCED

04:30 – alarm clock, personal hygiene

**05:00 – sitting meditation**

*06:00 – 07:00 walking meditation*

**07:00 – 08:00 morning chanting & meditation**

*08:00 – 09:00 breakfast*

**09:00 – 10:00 walking meditation**

**10:00 – 11:00 sitting meditation**

**11:00 – 12:00 lunch**

**12:00 – 13:00 walking/sitting meditation**

**13:00 – 14:00 walking meditation**

**14:00 – 15:00 sitting meditation**

**15:00 – 16:00 walking meditation**

**16:00 – 17:00 sitting meditation**

17:00 – 18:00 tea, refreshment

*18:00 – 19:00 sitting meditation*

**19:00 – 20:00 evening chanting & meditation**

**20:00 – 21:00 Dhamma-talk/discussion\***

**21:00 – 22:00 walking meditation**

*22.00 – 23:00 sitting meditation*

23:00 – 4:30 rest

\* if there is no lecture or discussion with a monk, the sitting/walking meditation continues

**bold = mandatory**

*italics = recommended*

normal font = optional