

SANTIKARAM FOREST TEMPLE

DAILY MEDITATION RETREAT PROGRAM

FOR BEGINNERS

06:00 – alarm clock, personal hygiene

07:00 – 08:00 group meditation in the hall

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 walking meditation

19:00 – 20:00 group meditation in the hall

20:00 – 21:00 Dhamma-talk/discussion*

21:00 – 22:00 walking/sitting meditation

FOR ADVANCED

04:30 – alarm clock, personal hygiene

05:00 – 06:00 sitting meditation

06:00 – 07:00 walking meditation

07:00 – 08:00 group meditation in the hall

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 walking meditation

19:00 – 20:00 group meditation in the hall

20:00 – 21:00 Dhamma-talk/discussion*

21:00 – 22:00 walking/sitting meditation

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

bold = mandatory

italics = recommended

normal font = optional