Schedule for Weekend Retreat

At Wat Atammayatarama

Regulations

- Upholding strictly 8 precepts
- Stay overnight full time (Fri & Sat nights)
- Strictly silent retreat
- White meditation suit is recommended
- Accommodation is available separately male and female
- Cell Phone is allowed only for Dhamma teaching online

Friday

6.30 pm	check in
7.00 pm	join monastic chanting/meditation

Saturday:-

6.00am	join monastic chanting/meditation
7.00 am	food offering / breakfast
9.00 am	walking/sitting meditation
10.30 am	food offering/lunch
1.00 pm	walking/sitting meditation
2.30 pm	coffee break
3.00pm	meditation

4.30pm	coffee break
5.00 pm	meditation
6.30 pm	coffee break
7.00 pm	join monastic chanting/meditation
8.30 pm	Dhamma teaching
9.30 pm	sleep

Sunday:-

6.00 am	walking meditation
7.30 am	food offering/ breakfast
9.30am	join Sunday service to retire from retreat after lunch