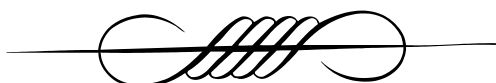


# DHAMMAPALA QUIET WEEK

## RECOMMENDED DAILY SCHEDULE



5:00	Rising
5:30	Sitting Meditation
6:30	Walking meditation
7:00	Breakfast
7:45	Chores & cooking preparations
9:00 – 10:00	Meditation
11:30	Lunch
16:30	Sitting or walking meditation
17:30	Tea
19:30	(Puja) and meditation
20:45	individual practice