



Orientation Weekend

Friday

- 18:15** Welcome, Intro & broad outline of Buddhism
- 20:00** Guided meditation and introduction to practice (in meditation hall, 3rd floor)

Saturday

- 5:00** Morning Bell
- 5:30** Meditation
- 6:30** House clean up & cooking preparations
- 7:00** Breakfast
- 8:00** History of Thai Forest
Sangha, basic etiquette & monastic rules
- 9:00** Tour of monastery
- 9:30** Helping with cooking or free time
- 11:30** Main meal
- 14:00** Practical aspects of staying at Dhammapala
- 15:30** Free time
- 17:00** Teatime, Q&A
- 19:30** Chanting & Meditation
- 20:15** Dhamma talk on 4 Noble Truths
- 21:15** Individual Practice & Rest

Sunday

Normal day with morning meditation, chores, preparing meal and work shores.

End of official program with meal.