

Orientation Weekend

Friday

18:15 Welcome, Intro in reception room downstairs

20:00 Guided meditation and introduction to practice (in meditation room, 3rd floor)

Saturday

5:30 Morning Bell

6:15 Meditation

7:00 Breakfast

8:15 History of Buddhism, Ajahn Chah & Thai Forest Sangha

9:30 Helping with cooking and cleaning chores

11:30 Main meal

14:00 Practical aspects of staying at Dhammapala, basic etiquette & monastic rules

15:30 Free time

16:30 Q&A

17:00 Teatime

19:00 Chanting & Meditation

20:15 Dhamma talk on 4 Noble Truths

21:15 Individual Practice & Rest

Sunday

Like Saturday

8:15 Q&A, feedback, practical infos

9:30 Helping with cooking and cleaning chores

End of official program with cleaning up after the meal.