



SCHEDULE

Friday

19.30 Ceremony
20.00 Sitting
20.45 Talk
2130 Metta

Retire

Saturday

05.30 Rise
06.00 Exercise
06.30 Sitting/Talk

0730 Breakfast

08.30 Walk/Work
09.00 Sitting
09.45 Walking
10.15 Talk
11.00 Walking
11.30 Sitting/Talk

12.30 - Lunch - 1200

14.00 Walking
14.30 Sitting
15.15 Walking
15.45 Sitting
16.30 Walking
17.00 Sitting

17.30 Tea

18.30 Talk
19.15 Walking
19.45 Sitting
20.30 Walking
21.00 Sit/Metta

20.00 Retire

Sunday

05.30 Rise
06.00 Exercise
06.30 Sitting

08.30 Walk/Work
09.00 Sitting
09.45 Walking
10.30 Metta
11.15 Walking
11.45 Sitting

Depart

**Moment
to
Moment
Awareness
is
the Secret
of
Success**

The Mahasi

*Who are
Mindful
are
In the presence
Of Nibbana*

Dpd.

Cherish the Noble Silence!