

**SANTIKARAM FOREST TEMPLE**  
**DAILY MEDITATION RETREAT PROGRAM**  
**(WINTER TIME)**

**FOR BEGINNERS**

**FOR ADVANCED**

	04:30 – alarm clock, personal hygiene
	<b>05:00 – sitting meditation</b>
06:00 – alarm clock, personal hygiene	<i>06:00 – 07:00 walking meditation</i>
<b>07:00 – 08:00 morning chanting &amp; meditation</b>	<b>07:00 – 08:00 morning chanting &amp; meditation</b>
<i>08:00 – 09:00 breakfast</i>	<i>08:00 – 09:00 breakfast</i>
<i>09:00 – 10:00 walking meditation</i>	<b>09:00 – 10:00 walking meditation</b>
<i>10:00 – 11:00 sitting meditation</i>	<b>10:00 – 11:00 sitting meditation</b>
<b>11:00 – 12:00 lunch</b>	<b>11:00 – 12:00 lunch</b>
12:00 – 13:00 rest, individual program	<b>12:00 – 13:00 walking/sitting meditation</b>
<i>13:00 – 14:00 walking meditation</i>	<b>13:00 – 14:00 walking meditation</b>
<i>14:00 – 15:00 sitting meditation</i>	<b>14:00 – 15:00 sitting meditation</b>
<i>15:00 – 16:00 walking meditation</i>	<b>15:00 – 16:00 walking meditation</b>
<i>16:00 – 17:00 sitting meditation</i>	<b>16:00 – 17:00 sitting meditation</b>
17:00 – 18:00 tea, refreshment	17:00 – 18:00 tea, refreshment
<i>18:00 – 19:00 sitting meditation</i>	<i>18:00 – 19:00 <b>sitting meditation</b></i>
<b>19:00 – 20:00 evening chanting &amp; meditation</b>	<b>19:00 – 20:00 evening chanting &amp; meditation</b>
<b>20:00 – 21:00 Dhamma-talk/discussion*</b>	<b>20:00 – 21:00 Dhamma-talk/discussion*</b>
<i>21:00 – 22:00 walking/sitting meditation</i>	<b>21:00 – 22:00 walking meditation</b>
22.00 – 6:00 rest	<i>22.00 – 23:00 sitting meditation</i>
	23:00 – 4:30 rest

\* if there is no lecture or discussion with a monk, the sitting/walking meditation continues

**bold = mandatory**

*italics = recommended*

normal font = optional