

Pa-Auk Forest Monastery Daily Schedule

3:30 am	Wake-up
4:00 - 5:30 am	Morning Chanting & Group Sitting
5:45 am (Approximately)	Breakfast Pindapāta (Exact time of Pindapāta depends on the time of dawn)
7:00 - 7:30 am	Cleaning & Personal Time
7:30 - 9:00 am	Group Sitting
9:00 - 10:00 am	Interviews, Walking Meditation & Personal Time
10:10 am (Approximately)	Lunch Pindapāta
1:00 - 2:30 pm	Group Sitting
2:30 - 3:30 pm	Interviews & Walking Meditation
3:30 - 5:00 pm	Group Sitting
5:00 - 6:00 pm	Interviews, Work Period & Personal Time
6:00 - 7:30 pm	Evening Chanting & Group Sitting
7:45 - 8:45 pm	Dhamma Talk (in Burmese)

Note:

- 1) A wooden sounding block is struck at 3:30 am, 7:15 am, 12:45 pm and 5:45 pm to notify meditators of the upcoming sitting.
- 2) Meditators are encouraged to continue their practice at all times by practising sitting or walking meditation during unstructured hours and personal time.

Revised November 22, 2006