

DHAMMA TRAINING COURSE

WE WOULD LIKE TO
INVITE YOU TO JOIN
THE DHAMMA
TRAINING COURSE
ON **MAY 1ST - 15,**
2024



Schedule of The Dhamma Training

4:00 a.m. Morning meditation by yourself in your own tent

5:00 a.m. Monk leads practice meditation in the main hall

6:00 a.m. Break time

6:30 - 8:00 a.m. Cleaning the main hall and around the place of practice together

9:00 a.m. Offering food to the monk and having food together

10:00 a.m. Practice meditation and listen to the Dhamma

11:00 a.m. Break time – practice on your own

2:00 p.m. Practice meditation together

4:00 p.m. Cleaning and coffee break

7:00 p.m. – 9:00 p.m. Reciting Dhamma, sitting meditation, listening to the Dhamma or discussing Dhamma

10:00 p.m. Rest time

Notice:

If there is anything change about time or schedule, we will let you know.



**Joining the Dhamma training course
is absolutely free of charge.**

Practitioners will be sleep in their own tents near the main hall. We will inform you more information about staying and practicing later.

THINGS YOU SHOULD BRING WITH YOU:

Tent, and your personal use such as: *blanket, etc.*

**For more information,
please contact us:**

Email: buddhavacana.word@gmail.com
Website: buddhawords.org