

# DHAMMA TRAINING COURSE

WE WOULD LIKE TO  
INVITE YOU TO JOIN  
THE DHAMMA  
TRAINING COURSE  
ON **MAY 1<sup>st</sup> - 7, 2026**



## 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](mailto:buddhavacana.word@gmail.com)  
Website: [www.buddhawords.org](http://www.buddhawords.org)