

DHAMMA TRAINING COURSE

WE WOULD LIKE TO
INVITE YOU TO JOIN
THE DHAMMA
TRAINING COURSE

ON **Nov 1st - 7, 2026**



Schedule of The Dhamma Training

4:00 a.m. – 5:00 a.m. Morning meditation by yourself in your own tent

5:00 a.m. – 6:30 a.m. Bhikkhus lead practice meditation in the main hall

6:30 a.m. -7:00 a.m. Break time

7:00 a.m. – 9:00 a.m. Cleaning the main hall and around the place of practice together

10:00 a.m. -11:00 a.m. Offering food to bhikkhus and having food together

11:00 a.m. – 12:00 p.m. Practice meditation and listen to the Dhamma

12:00 p.m. – 2:00 p.m. Break time – practice on your own

2:00 p.m. – 4:00 p.m. Practice meditation together

4:30 p.m. – Cleaning

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 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: www.buddhawords.org