

Santi Vassa Schedule

9th July – 5th October 2017

No scheduled group meditations in the morning, however all are encouraged to sit quietly in the heated meditation room.

6:45	Breakfast offered to Sangha and then lay people
7:40 – 8:00	Kitchen clean-up (all to help)
8:00 – 10:30	Work period (assigned duties incl: routine cleaning, community chores, kitchen etc.) Mon and Fri only - a brief meeting to discuss morning duties.
11:00	Lunch Dana offered to Sangha, <i>Anumodana</i>
11:20	Lunch for lay people
12:00	Kitchen clean-up (all to help)
(12:15 pm)	<i>Monastic available upon request to speak with lay visitors, after Dana.</i>
13:00-18:00	Individual meditation time
18:00-19:00	Drinks and allowables available (optional)
19:00	Wed, Sat, and Uposatha nights - chanting, Dhamma talk, and poss. disc.

General:

- **Meditation hall open 24 hours** – residents are encouraged as much as possible to sit in this conducive, heated space: early morning, afternoon, and evening, until late... (NB: No walking in meditation hall when others are present)
- **Keep talking to minimum at all times, especially in common areas.**
- **Personal interviews available on request.**
- **During Vassa NO scheduled Dhamma Talks after Dana.**
- **This program is subject to change.**

Reminders:

- keep lights in bathrooms at a minimum and switched off when leaving, as exhaust fan is coupled to light switch and noise can be heard in upstairs in Studios.
- Please assist in locking main building when being last, also check stove/fire, etc.

Routine duties for all discussed and assigned on Mondays and Fridays