

The meditation retreat schedule

• Saturday and Sunday

- 02:00p.m. – 2:15p.m. Afternoon chanting
- 02:20p.m. – 3:00p.m. Introduction to Buddhism and meditation practice
- 03:00p.m. – 3:30p.m. Meditation practice
- 03:45p.m. – 4:00p.m. Dhamma discussion and spread loving-kindness to all beings.

• Monday to Friday

- 02:00p.m. – 02:15p.m. Afternoon chanting
- 02:20p.m. – 03:00p.m. Introduction to Buddhism and meditation practice
- 03:00p.m. – 03:30p.m. Meditation practice
- 03:45p.m. – 04:00p.m. Dhamma discussion and spread loving-kindness to all beings.

• Monday to Friday (People in the temple)

- 03:30a.m. – 03:45a.m. Gathering at chanting hall
- 04:00a.m. – 04:25a.m. Morning chanting
- 04:25a.m. – 04:55a.m. Meditation practice
- 04:55a.m. – 05:00a.m. Dhamma discussion and spread Loving-kindness to all beings.



Buddha Said:

Pali: Natthi Santi Param SuKham

There is no happiness greater than peace.

Preparation and requirement for the meditation retreat

Documentation:

- Register form for meditation retreat

Personal clothes:

- White clothes or suitable clothes.

Donations:

- ❖ Donation appreciated for our temple support.
- ❖ Thank you so much for your advance.

Bon Pka or Flower ceremony



Kathina or robes offering & Khmer Culture

