

Daily Schedule for the Sixty-Day Special Retreat at the Panditārāma Forest Meditation Center

3:00am Wake up
3:30 Walking meditation
4:00 Sitting meditation
4:45 Metta chanting
5:00 Line up for breakfast
5:30 Breakfast

7:00am Sitting meditation
8:00 Walking meditation
9:00 Sitting meditation
10:00 Line up for lunch
10:30 Lunch
12:00 Shower or walking meditation

1:00pm Sitting meditation
2:00 Walking meditation
3:00 Sitting meditation
4:00 Walking meditation
4:45 Juice
5:00 Shower or continued practice
5:45 Line up for dhamma talk

6:00pm Dhamma talk
7:00 Walking meditation
8:00 Sitting meditation
8:45 Metta chanting
9:00 Rest or practice in one's room