

Daily Activities Table

Start	Finish	Activities
04:00		Wake up
04:30	05:30	Morning Chanting & Taking eight precepts
05:30	06:00	Personal time
06:00	07:00	Breakfast
07:00	07:30	Personal time
07:30	09:00	1 st Sitting meditation
09:00	11:00	Interview with Sayadaw
11:00	12:00	Lunch
12:00	13:00	Rest / Personal time
13:00	14:30	2 nd Sitting meditation
14:30	15:30	Afternoon Beverage & Walking meditation
15:30	17:00	3 rd Sitting meditation
17:00	18:30	Rest / Personal time
18:30	19:00	Evening Chanting
19:00	20:00	Sayadaw Dhamma Talk
20:00	21:00	Interview / Q & A
21:00	04:00	Rest