

2007 Sister Dimplankara Miami Meditation Retreat
Tentative Daily Sitting Schedule

ver. 1.6

4am	waking up
4:30-5:30	sitting
6- 6:30	chanting with Thai monks
6:30- 7:30	breakfast
7-7:30	working
7:30 - 8:30	sitting with chanting
8:30-9	walking or sitting
9-10	private interviewing (male)
10-11	sitting
11-12	lunch
12-1pm	working or resting
1-2	sitting
2:00-2:30	walking or sitting
2:30-3:30	sitting
3:30-4	walking or sitting
4-5	sitting
5 -6	private interviewing (female)
6-6:45	chanting with Thai monks/taking shower
7-8	sitting
8-9	lecturing or sitting
9-10	sitting or private time
10:00	lights off