



Full Moon (Sil) Program

- 08:30 - 9:00 am**.....Arrival of participants at Dhammahall
& Silent Meditation
- 09:00 -10:00 am**.....Taking Refuge in the Triple Gem,
Observance of 8 or 5 precepts
Guided Meditation
- 10:00 -10:30 am**..... Preparation of food for Almsround
- 10:30 - 11:45am**.....Almsround and shared meal
- 11:45 - 01:00pm**.....Dhammataalk and discussion
- 01:30 - 2:30 pm**.....Chanting and Guided Meditation when
the monk is available. If not, anyone is
welcome to do personal meditation in the
Dhammahall until the next session.
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- Please consider those meditating in the Dhammahall by being quiet
in the kitchen between 1:30pm and 3:00pm.
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- 03:00 - 5:00 pm**.....Guided Meditation & Dhammataalk

* Please note this programme extends the usual Sunday programme to 9:00am.
It is possible to participate for only parts of the programme.
Please be seated in the Dhammahall at least 15 mins before start of sessions.
Please observe noble silence today near the Dhammahall.