



DDRC DAILY SCHEDULE

5:00 am	Wake Up
5:15-6:05	Morning Sitting
6:05-6:50	Morning Service
7:00	Breakfast, Kitchen Duty (Dish Washing)
7:40	Short Break
8:45	Preparation Time
9:00-11:30	Work Practice
11:45	Preparation Bell
12:00-12:40 pm	Lunch, Kitchen Duty (Dish Washing)
12:50	Rest
2:00	Preparation Time
2:15-4:30	Work Practice
5:00-5:30	Evening Service
5:40	Medicine Meal, Kitchen Duty (Dish Washing)
6:20	Personal Time
8:55	Preparation Time
9:00	Evening Sitting
10:00	Lights Out
<i>Personal interview with a monastic is available on request.</i>	