



# DHARMA DRUM RETREAT CENTER

## WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5am</b>	Wake Up						
<b>5:15</b>	Sitting Meditation						
<b>6:15</b>	Morning Service						
<b>7:00</b>	Breakfast						
<b>9:00</b>	Work Practice						
<b>12pm</b>	Lunch						
<b>2:00</b>	<i>Self-study</i>	Work Practice	<i>Self-study</i>	Work Practice	<i>Self-study</i>	Work Practice	<i>Self-study</i>
<b>4:00</b>	Teatime						
<b>5:00</b>	Evening Service						
<b>5:45</b>	Medicine Meal						
<b>7:30</b>	<i>Personal Time</i>	Dharma Discussion	<i>Personal Time</i>				
<b>8:45</b>	Sitting Meditation						
<b>9:45</b>	Retire						
<b>10:00</b>	Lights out						