

**Venerable Taungpulu Kyauksin Tawya Pakokku Sayadawgyi**  
**(7) days Retreat of Higher Ordination for Monkshood (Don-La-Ba)**  
**and Novicehood (Sa-ma-ne-ra)**  
**(27.05.2007 to 03.06.2007)**  
**No.33B, Lowland Road, Singapore.**

**DAILY SCHEDULE**

| Time                   | Description                                       | Remark |
|------------------------|---|--------|
|                        |   |        |
| 04:00 A.M ~ 04:30 A.M  | Wake up, Cleaning & Walking Meditation            |        |
| 04:30 A.M ~ 05:00 A.M  | Worship and Chanting                              |        |
| 05:00 A.M ~ 06:00 A.M  | Listen / Deliver to Dhamma Talk                   |        |
| 06:00 A.M ~ 07:00 A.M  | Sitting Meditation                                |        |
| 07:00 A.M ~ 08:30 A.M  | Rest and Cleaning                                 |        |
| 08:30 A.M ~ 9:00 A.M   | Preparation for an Alms Bowl                      |        |
| 09:00 A.M ~ 12:00 NOON | Going for Alms-round, Having Lunch, Taking a Bath |        |
| 12:00 NOON ~ 01:00 P.M | Sitting Meditation                                |        |
| 01:00 P.M ~ 01:30 P.M  | Walking Meditation                                |        |
| 01:30 P.M ~ 02:30 P.M  | Sitting Meditation                                |        |
| 02:30 P.M ~ 03:00 P.M  | Walking Meditation                                |        |
| 03:00 P.M ~ 04:00 P.M  | Sitting Meditation                                |        |
| 04:00 P.M ~ 05:30 P.M  | Rest and Cleaning                                 |        |
| 05:30 P.M ~ 06:00 P.M  | Declaration and Noting in Details                 |        |
| 06:00 P.M ~ 08:00 P.M  | Listen to Dhamma Talk by Taungpulu Sayadawgyi     |        |
| 08:00 P.M ~ 09:00 P.M  | Walking / Sitting Meditation & Rest/Sleeping      |        |
|                        |   |        |
|                        |   |        |