



AMARAVATI

❁ WINTER RETREAT ❁

2023/2566



The monastic community of Amaravati is on retreat for the period:
January 3rd – March 31st



- ❖ Group practice will take place in the Temple.
- ❖ The morning meditation guidance will be given at 8:30-8:45

❖ The schedule during the daytime will be:

5:00 – sitting & puja
8:30 – sitting, with instruction
9:30 – walking
10:45 – meal offering
2:00 – sitting
3:00 – walking
4:00 – sitting
5:00 – tea
6:00 – Dhamma reading
7:30 – Evening sitting & puja

❖ The periods of group practice will be:

Jan. 3-17 – all day
Jan. 18-Feb. 7 – afternoon and evening only
Feb. 8-28 – open schedule
Mar. 1-15 – early morning to the meal only
Mar. 16-31 – all day



❖ The Temple will be open from 4:00 am to 10:00 pm daily. The Observance Days will be held as usual on the four Lunar Quarters each month.

❖ Noble Silence is expected to be practised by the monastic community. During this time please make your way around the Monastery as quietly as possible – particularly when coming and going from the Temple. Thank you!

May all beings share the blessings of this retreat.





Schedule extras:

- ❖ Day before Observance Days – schedule as per normal for that period of the WR
- ❖ Observance Days – schedule as per normal for that period of the WR. If talks are given by Luang Por Sumedho (after Feb. 28th) they will be at 14:30
- ❖ Day after Observance Days – open schedule
- ❖ When ‘open’ periods there will still be a talk on the Observance Days
- ❖ Readings every day except for the day before Observance Days and on Observance Days, and when it’s an ‘open schedule’
- ❖ Eight Precepts for the lay community at 20:30 in the Temple, every Observance Day

