

**VESAK SILENT RETREAT DAY - WEDNESDAY,
10 MAY 2017**

**VENUE - DHAMMALOKA CENTRE,
NOLLAMARA**

CONDUCTED BY VENERABLE HASAPANNA

8.30 AM	Arrival
9.00 AM	Refuge and Precepts Talk and Meditation Introduction
9.30 - 11.00 AM	Walking/Sitting Meditation
11.00 - 12.00 PM	Dana in Silence
12.00 - 1.00 PM	Free time in Noble Silence/Practice
1.30 - 2.15 PM	Sitting Meditation
2.45 - 3.15 PM	Afternoon Tea in Silence (Optional)
3.20 - 4.00 PM	Question & Answer Sharing of Merits
4.00 PM	Depart in PEACE and SILENCE

**PLEASE NOTE THE MEDITATION DAY WILL BE
CONDUCTED IN NOBLE SILENCE**