

Samadhi Buddhist Meditation Center

Typical Daily Program

(Can be customized to suit your group's needs)

6:00 am	Wake up
6:30 am – 7:00 am	Sitting Meditation and Chanting
7:00 am – 7:30 am	Peace Walk
8:00 am – 9:00 am	Breakfast
9:00 am – 11:30 am	Morning Session Teaching Meditation
11:30 am – 12:30 pm	Yoga Will be lead by Samadhi Yoga Teacher
12:30 pm – 1:30 pm	Lunch
1:30 pm – 2:20 pm	Rest or Selfless Service (where participants will be helping to maintain garden or cleanup buildings)
2:30 pm – 5:30 pm	Evening Practice
5:30 pm	Tea
5:45 pm – 6:30 pm	Evening Walk in the Park
7:00 pm – 8:00 pm	Light Meal
8:00 pm – 9:00 pm	Evening Activities (discussion, continuing meditation, group chanting outside at bonfire, presentations by guests or participants of our programs).