

MINNESOTA BUDDHIST VIHARA

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SILA OBSERVANCE

07:30am	Gathering time
08:00am	Observance of Eight Precepts / Vandana
08:45am	Meditation
09:45am	Tea Break
10:00am	Dhamma Talk
10:45am	Buddha Pooja
11:00am	Dana (lunch)
12:00pm	Blessings / walking meditation
01:00pm	Dhamma Discussion
02:30pm	Tea Break
02:45pm	Meditation
03:45pm	Pirith Chanting and Sharing merits
04:00pm	End