

new years retreat january 1 to 9, 2019

deutsche version

december 31, new years night: we celebrate new years night december 31, 2018 with chantings and we let paper lanterns float with wishes for new year.



new years chanting starts approximately 22:00h on december 31, 2018 and lasts until 01.00h of january 1, 2019.

if you want to join our new years night event, you are welcome to do so. you can stay overnight at the temple.

new years retreat:

the retreat starts on january 1, 2019 at 16:00h.

what to bring: you will need white comfortable clothes. you can get these at every sangha shop in bangkok.

be prepared that it will be cool in the mornings and evenings. you will need a jacket or sweater and socks (don't have to be white).

we have blankets, mats and pillows. if you have your own sleeping bag or bed sheet, that might be convenient.

a new 2 storey building has been built for accomodation. so it will be more comfortable than the past few years.

daily schedule in the retreat

january 1:

arrival before 16:00 h at the foreign office (mc brigitte)

you will receive a chantingbook and be shown your sleeping place

17:00h - 18:00h evening chanting with the monks

18:30h - 19:45h the abbot gives the 8 precepts

introduction to temple rules, schedules & meditation introduction

20:00h – 21:00h chanting with the monks

january 2 to 8:

04:30h - 05:30h morning chanting with the monks

06:00h - 07:30h mindful working meditation

07:30h breakfast

09:00h - 09:50h walking meditation
10:00h - 10:50h meditation (sitting, standing, lying)
10:55h offering lunch to the monks and enjoy lunch
14:00h - 14:50h walking meditation
15:00h - 16:00h meditation (sitting, standing, lying)
16:00h - 17:00h break
17:00h - 18:00h evening chanting & meditation with the monks
18.30h - 19.45h meditation, question & answers
20:00h - 21:00h deva chanting with the monks

january 9:

04:30h - 05:30h morning chanting with the monks
06:00h - 07:30h cleaning meditation
07:30h breakfast - after breakfast, you have time to pack up your belongings
09:00h - 10:00h the abbot gives the 5 precepts and you can give your donation for the temple. questions to the abbot can be asked.
11.00h lunch
end of the retreat
donations to the teachers can be given on the last evening of the retreat (january 8th).
envelops for temple and teachers can be found at the office.



mc brigitte leads the retreat, informations on [mc brigitte](#):

there will be two ladies giving traditional thai massage on demand in between meditation hours.