

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 15.00 h at the foreign office (mc brigitte) receive a chantingbook and you will be shown your sleeping place

16.00h instruction on how to use chanting books, prostrating

16.30h the abbot gives the 8 precepts.

17.00h - 18.00h evening chanting with the monks

18.30h - 19.45h introduction to temple rules, schedules, duties (you can fill your name into the duty list) & meditation instruction

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, receiving their blessing, gruat nam and enjoy lunch from our nice buffet with vegetarian and non-vegetarian dishes

14.00h - 14.50h walking meditation

15.00h - 16.00h meditation (sitting, standing, lying)

16.00h - 17.00h time for shower, laundry ...

17.00h - 18.00h evening chanting & meditation with the monks

18.30h - 19.45h dhamma talk & 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 - 10:30h the abbot gives the 5 precepts and receives donations for the temple. questions to the abbot can be asked.

11.00h lunch

end of 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.

