

Daily Schedule

SBS MONK TRAINING CENTRE



Mon - Fri	Activity	Location
05:00 – 06:00	Sitting meditation	Sīmā Hall
06:00 – 06:45	Dhamma recitation	Sīmā Hall
07:30 – 09:00	Alms round	TIMS
09:00 – 09:30	Shower/free time	Free choice
09:30 – 10:15	Lunch	Saṅgha Court - porch
10:15 – 11:15	Community service ¹	Dependent on assignment ²
11:30 – 12:15	Sutta class: Mon, Wed, Fri Vinaya class: Tue, Thu	Saṅgha Court - porch
15:00 – 17:30	Sitting/Walking meditation	Free choice ³
17:30 – 18:00	Afternoon drink	Saṅgha Court - washing area ⁴
18:00 – 19:00	Dhamma studies/practice ⁵	Free choice
19:00 – 19:30	Shower/free time	Free choice
19:30 – 20:30	Sitting meditation	Sīmā Hall
20:30 –	Further sitting/walking meditation or individual Dhamma/Vinaya studies	Free choice

On weekends, there are no specific time, activity, or location guidelines.

This is the default schedule at SBS Monk Training Centre.
At certain periods of the year the schedule is put aside,
to allow for periods that suit the specific needs of the individual.⁶

Exemptions to the above are possible, if justifiable under one of the following scenarios:

- (a) one's participation in training courses provided at SBS Monk Training Centre,
- (b) one's duties & functions,
- (c) other reasons approved by the Saṅghapariṇāyaka.

¹ Alternatively, one may request to meditate at this time and perform one's service (excluding sweeping) from 18:00 – 19:00 instead. The person concerned has to make arrangements with the Community service allocator.

² Whoever hasn't been assigned a special area of responsibility, is part of the sweeping team. Sweeping starts collectively from Saṅgha Court - washing area. Be punctual so that others aren't kept waiting.

³ Library and Saṅgha Office are closed during this period.

⁴ Lay guests can get drinks from box at Saṅgha Cave.

⁵ This period can be used for Dhamma/Vinaya/Pāli studies, meditation, or any other Dhamma related practice.

⁶ Currently, the community alternates between two weeks of scheduled period, followed by two weeks of unscheduled period. Unless indicated otherwise, the community service period remains active during unscheduled periods.

Appendix – Cancellation of Activities

When the number of participants is expected to be below a certain threshold, events of the daily schedule may be cancelled. Ideally, cancellation of events are discussed at the pre-meal announcements before the common lunch, so that all residents are present and nobody misses out on important information.

Mon - Fri	Activity	Location	Reason for Cancellation
05:00 – 05:45	Sitting meditation	Sīmā Hall	When there are less than 3 residents (monks + yogis) expected to participate, excluding those who have been exempted, then the event is cancelled.
06:00 – 06:45	Dhamma recitation	Sīmā Hall	a) When there are less than 3 monks present, then the seniormost among them may choose to cancel the event. b) When there are 3 or more monks present, but none of them is able and willing to lead the recitation, then the event becomes a sitting meditation.
11:30 – 12:15	Sutta class: Mon, Wed, Fri	Dhamma Hall	When there are less than 3 residents (monks + yogis) present, then the seniormost monk among them may choose to cancel the event.
11:30 – 12:15	Vinaya class: Tue, Thu	Dhamma Hall	a) When there are less than 3 monks present, then the seniormost among them may choose to cancel the event. b) When there are 3 or more monks present, but none of them is able and willing to lead the class, then the event becomes a sutta class and the seniormost among the monks reads the next sutta in sequence of the ongoing 'Sutta class', or may appoint someone to read on his behalf.
19:30 – 20:30	Sitting meditation	Sīmā Hall	When there are less than 3 residents (monks + yogis) expected to participate, excluding those who have been exempted, then the event is cancelled.
19:30 – 20:30	Saṅgha meeting: Fri	Sīmā Hall	When half or more regular Saṅgha members are neither present, nor have sent their prior consent (chanda), then the event is cancelled.
19:30 – 20:30	Meeting with postulants/yogis: Fri	Sīmā Hall	The event is cancelled: a) When there are less than 3 postulants + yogis expected to participate. b) When neither the Saṅghapariṇāyaka, nor the Guest monk are available, nor have they appointed a substitute for the meeting with postulants/yogis.