

Daily Schedule

SBS MONK TRAINING CENTRE



Mon - Fri	Activity	Location
05:00 – 05:45	Sitting meditation	Sīmā Hall
06:00 – 06:45	Dhamma recitation	Sīmā Hall
07:30 – 09:00	Alms round	Taiping town
09:00 – 09:30	Shower/free time	Free choice
09:30 – 10:30	Sutta class: Mon, Wed, Fri Vinaya class: Tue, Thu	Dhamma Hall
10:30 – 11:30	Lunch	Saṅgha Court - porch
11:30 – 12:30	Community service ¹	Dependent on assignment ²
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.
Periodically the schedule is put aside,
to allow for adjustments that suit the individual needs of residents.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 read/study/meditate at this time and perform one's community service (excluding sweeping) from 18:00 – 19:00 instead. Such arrangements can be made upon consultation with the Community service allocator.

² Whoever hasn't been assigned a special area of responsibility, is part of the sweeping team.

³ Library and Saṅgha Office are closed during this period.

⁴ Lay guests can get drinks from turquoise cabinet 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 during which there are no group activities.