

# Daily Routine of the Retreat Rideekanda Forest Monastery

**5.30 AM**

*(Waking up & Getting Ready)*

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**7.00 AM - 8.00 AM**

*(Breakfast)*

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**8.00 AM - 9.00 AM**

*(Morning Dhamma Session/ Learning Session)*

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**9.00 AM - 12.00 Noon**

*(Meditation Practice)*

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**12.00 Noon - 01.00 PM**

*(Lunch)*

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**01.00 PM - 2.00 PM**

*(Afternoon Rest)*

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**2.00 PM - 4.00 PM**

*(Meditation Practice)*

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**4.00 PM - 6.00 PM**

*(Evening Dhamma Session/ Learning Session)*

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**6.00 PM - 7.00 PM**

*(Chanting Session & Evening Dhamma Discussion)*

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**7:00 PM - 10.00 PM**

*(Meditation Practice)*

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**10:00 PM**

*(Night Rest)*