

Kusalakari Monastery 40174 Spady St, Fremont, CA 94538

Zoom Meeting ID: 881 7257 1572 Passcode: metta



**Ashin Kunda Dhana (Dawei)**

**3-Day Meditation Retreat - 1st Day**

**2025 April 5, Saturday**



Pacific Daylight Time	Mountain Daylight Time	Central Daylight Time	Eastern Daylight Time	Agenda
5:00 - 6:00AM	6:00 - 7:00 AM	7:00 - 8:00 AM	8:00 - 9:00 AM	Morning chanting/Sitting Meditation
6:00 - 7:30AM	7:00 - 8:30 AM	8:00 - 9:30 AM	9:00 - 10:30 AM	Breakfast
7:30 - 8:30AM	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM	Introduction & Receiving Guidance from Bhante
8:30 - 9:00AM	9:30 - 10:00 AM	10:30 - 11:00 AM	11:30 - 12:00 PM	Questions and Answers
9:00 - 9:30AM	10:00 - 10:30 AM	11:00 - 11:30 AM	12:00 - 12:30 PM	Walking Meditation
9:30 - 10:30AM	10:30 - 11:30 AM	11:30 - 12:30 PM	12:30 - 1:30 PM	Sitting Meditation
10:30 - 11:00AM	11:30 - 12:00 PM	12:30 - 1:00 PM	13:30 - 2:00 PM	Questions and Answers
11:00 - 1:00PM	12:00 - 2:00 PM	13:00 - 3:00 PM	14:00 - 4:00 PM	Lunch & Break
1:00 - 2:00PM	2:00 - 3:00 PM	3:00 - 4:00 PM	4:00 - 5:00 PM	Dhamma Talk
2:00 - 2:30PM	3:00 - 3:30 PM	4:00 - 4:30 PM	5:00 - 5:30 PM	Questions and Answers
2:30 - 3:30PM	3:30 - 4:30 PM	4:30 - 5:30 PM	5:30 - 6:30 PM	Sitting Meditation
3:30 - 4:00PM	4:30 - 5:00 PM	5:30 - 6:00 PM	6:30 - 7:00 PM	Walking Meditation
4:00 - 5:00PM	5:00 - 6:00 PM	6:00 - 7:00 PM	7:00 - 8:00 PM	Sitting Meditation
5:00 - 5:15PM	6:00 - 6:15 PM	7:00 - 7:15 PM	8:00 - 8:15 PM	Hydration with cold/hot beverage
5:15 - 7:00PM	6:15 - 8:00 PM	7:15 - 9:00 PM	8:15 - 10:00 PM	Questions and Answers/ Sharing merits/End of day

\*\*\*Timetable published on March 24th, 2025\*\*

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The timetable can change to accommodate the needs that arise on the retreat day.

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**Ashin Kunda Dhana (Dawei)**

**3-Day Meditation Retreat - 2nd Day**

**2025 April 6, Sunday**



Pacific Daylight Time	Mountain Daylight Time	Central Daylight Time	Eastern Daylight Time	Agenda
5:00 - 6:00AM	6:00 - 7:00 AM	7:00 - 8:00 AM	8:00 - 9:00 AM	Morning chanting/Sitting Meditation
6:00 - 7:30AM	7:00 - 8:30 AM	8:00 - 9:30 AM	9:00 - 10:30 AM	Breakfast
7:30 - 8:30AM	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM	Dhamma Talk
8:30 - 9:00AM	9:30 - 10:00 AM	10:30 - 11:00 AM	11:30 - 12:00 PM	Questions and Answers
9:00 - 9:30AM	10:00 - 10:30 AM	11:00 - 11:30 AM	12:00 - 12:30 PM	Walking Meditation
9:30 - 10:30AM	10:30 - 11:30 AM	11:30 - 12:30 PM	12:30 - 1:30 PM	Sitting Meditation
10:30 - 11:00AM	11:30 - 12:00 PM	12:30 - 1:00 PM	13:30 - 2:00 PM	Questions and Answers
11:00 - 1:00PM	12:00 - 2:00 PM	13:00 - 3:00 PM	14:00 - 4:00 PM	Lunch & Break
1:00 - 2:00PM	2:00 - 3:00 PM	3:00 - 4:00 PM	4:00 - 5:00 PM	Dhamma Talk
2:00 - 2:30PM	3:00 - 3:30 PM	4:00 - 4:30 PM	5:00 - 5:30 PM	Questions and Answers
2:30 - 3:30PM	3:30 - 4:30 PM	4:30 - 5:30 PM	5:30 - 6:30 PM	Sitting Meditation
3:30 - 4:00PM	4:30 - 5:00 PM	5:30 - 6:00 PM	6:30 - 7:00 PM	Walking Meditation
4:00 - 5:00PM	5:00 - 6:00 PM	6:00 - 7:00 PM	7:00 - 8:00 PM	Sitting Meditation
5:00 - 5:15PM	6:00 - 6:15 PM	7:00 - 7:15 PM	8:00 - 8:15 PM	Hydration with cold/hot beverage
5:15 - 7:00PM	6:15 - 8:00 PM	7:15 - 9:00 PM	8:15 - 10:00 PM	Questions and Answers/ Sharing merits/End of day

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**Ashin Kunda Dhana (Dawei)**

**3-Day Meditation Retreat - 3rd Day**

**2025 April 7, Monday**



Pacific Daylight Time	Mountain Daylight Time	Central Daylight Time	Eastern Daylight Time	Agenda
5:00 - 6:00AM	6:00 - 7:00 AM	7:00 - 8:00 AM	8:00 - 9:00 AM	Morning chanting/Sitting Meditation
6:00 - 7:30AM	7:00 - 8:30 AM	8:00 - 9:30 AM	9:00 - 10:30 AM	Breakfast
7:30 - 8:30AM	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM	Dhamma Talk
8:30 - 9:00AM	9:30 - 10:00 AM	10:30 - 11:00 AM	11:30 - 12:00 PM	Questions and Answers
9:00 - 9:30AM	10:00 - 10:30 AM	11:00 - 11:30 AM	12:00 - 12:30 PM	Walking Meditation
9:30 - 10:30AM	10:30 - 11:30 AM	11:30 - 12:30 PM	12:30 - 1:30 PM	Sitting Meditation
10:30 - 11:00AM	11:30 - 12:00 PM	12:30 - 1:00 PM	13:30 - 2:00 PM	Questions and Answers
11:00 - 1:00PM	12:00 - 2:00 PM	13:00 - 3:00 PM	14:00 - 4:00 PM	Lunch & Break
1:00 - 2:00PM	2:00 - 3:00 PM	3:00 - 4:00 PM	4:00 - 5:00 PM	Dhamma Talk
2:00 - 2:30PM	3:00 - 3:30 PM	4:00 - 4:30 PM	5:00 - 5:30 PM	Questions and Answers
2:30 - 3:30PM	3:30 - 4:30 PM	4:30 - 5:30 PM	5:30 - 6:30 PM	Sitting Meditation
3:30 - 4:00PM	4:30 - 5:00 PM	5:30 - 6:00 PM	6:30 - 7:00 PM	Walking Meditation
4:00 - 5:00PM	5:00 - 6:00 PM	6:00 - 7:00 PM	7:00 - 8:00 PM	Sitting Meditation
5:00 - 5:15PM	6:00 - 6:15 PM	7:00 - 7:15 PM	8:00 - 8:15 PM	Hydration with cold/hot beverage
5:15 - 7:00PM	6:15 - 8:00 PM	7:15 - 9:00 PM	8:15 - 10:00 PM	Questions and Answers/ Sharing merits/End of the retreat discussion

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