



Pa-Auk Meditation Centre (Singapore)
新加坡帕奥禅修中心

AUGUST 2010
2010年8月

Sun	Mon	Tues	Wed	Thur	Fri	Sat																																																																																				
1 <u>2.00pm:</u> Group Meditation	2 <u>2.00pm:</u> Group Meditation	3 <u>2.00pm:</u> Group Meditation	4 <u>2.00pm:</u> Group Meditation <u>7.30pm:</u> Group Meditation	5 <u>2.00pm:</u> Group Meditation	6 <u>2.00pm:</u> Group Meditation <u>7.30pm:</u> Group Meditation	7 Day retreat: 8.15am-6pm. (Duty: Group 4) <u>7.30pm:</u> Guided Meditation & Dhamma Talk in Burmese Language																																																																																				
8 <u>2.00pm:</u> Group Meditation	9 <u>2.00pm:</u> Group Meditation	10 <u>2.00pm:</u> Group Meditation ● Uposatha Day-New Moon	11 <u>2.00pm:</u> Group Meditation <u>7.30pm:</u> Group Meditation	12 <u>2.00pm:</u> Group Meditation	13 <u>2.00pm:</u> Group Meditation <u>7.30pm:</u> Group Meditation	14 Day retreat: 8.15am-6pm. (Duty: Group 5) <u>7.30pm:</u> Guided Meditation & Dhamma Talk in Burmese Language																																																																																				
15 <u>2.00pm:</u> Group Meditation	16 <u>2.00pm:</u> Group Meditation	17 <u>2.00pm:</u> Group Meditation	18 <u>2.00pm:</u> Group Meditation <u>7.30pm:</u> Group Meditation	19 <u>2.00pm:</u> Group Meditation	20 <u>2.00pm:</u> Group Meditation <u>7.30pm:</u> Group Meditation	21 Day retreat: 8.15am-6pm. (Duty: Group 6) <u>7.30pm:</u> Guided Meditation & Dhamma Talk in Burmese Language																																																																																				
22 <u>2.00pm:</u> Group Meditation	23 <u>2.00pm:</u> Group Meditation	24 <u>2.00pm:</u> Group Meditation	25 <u>2.00pm:</u> Group Meditation <u>7.30pm:</u> Group Meditation ● Uposatha Day-Full Moon	26 <u>2.00pm:</u> Group Meditation	27 <u>2.00pm:</u> Group Meditation <u>7.30pm:</u> Group Meditation	28 Day retreat: 8.15am-6pm. (Duty: Group 1) <u>7.30pm:</u> Guided Meditation & Dhamma Talk in Burmese Language																																																																																				
29 <u>2.00pm:</u> Group Meditation	30 <u>2.00pm:</u> Group Meditation	31 <u>2.00pm:</u> Group Meditation	July 2010 <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table> September 2010 <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table>				S	M	T	W	Th	F	Sa					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	S	M	T	W	Th	F	Sa				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
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* **Everyday: 6.30am - Breakfast Dana, 11.30am - Lunch Dana**

** The activities above may change due to unforeseen circumstances.