

POYA DAY SIL PROGRAM

<u>TIME</u>	<u>PROGRAM</u>
07.00AM.	Sil Observance (Uposatha Seela)
07.30AM.	Buddha Puja
08.00AM.	Breakfast (Heela Dāna) Sponsored by Sudarma & Bindu Family
08.30AM.	Dhamma Sermon
10.00AM.	Guided Meditation
11.00AM.	Sambuddha puja
11.30AM.	Lunch (Dahawal Dāna) Sponsored by Kapugama family
12.00PM.	Cleaning
01.00PM.	Walking Meditation
02.00PM.	Dhamma Discussion
03.45PM.	Sharing of merit
04.00PM.	End of the Seela Bhavana Program

CHILDREN'S PROGRAM

<u>TIME</u>	<u>PROGRAM</u>
07.00 AM.	<i>Sil Observance</i>
08.30 AM.	Dhamma Sermon
10.00 PM.	Dhamma discussion and activity based on mindfulness
11.00 AM.	<i>Lunch time</i>
12.00PM.	End of the program

EVENING PROGRAM

05.30 PM.	Atawisi Buddha Puja
06.30 PM.	Bakthi geetha (devotional songs)
07.30 PM.	Vesak dansala sponsored by Cricket Club