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NAVAM MOON POYA DAY  
SIL OBSERVANCE

FEBRUARY

15

SUNDAY

Location

HUDSON VALLEY BUDDHIST VIHARA  
AND MEDITATION CENTER  
204 PLUTARCH RD, HIGHLAND, NY 12528

### PROGRAM SCHEDULE

- 09:00 - 09:15 Preparation for sil
- 09:15 - 10:00 Observance of eight precepts and Buddha Pooja
- 10:00 - 11:00 Meditation Session
- 11:00 - 12:00 Dana (lunch)
- 12:15 - 13:15 Dhamma Discussion
- 13:15 - 14:30 Dhamma Discussion
- 14:30 - 14:45 Gilanpasa (Tea and break)
- 14:45 - 15:45 Pirith chanting and Sila pawanaya
- 15:45 - 16:00 Cleaning and end of the program

Children and youth participation is highly encouraged.

*May the blessings of the Triple Gem be with you!*

Hudson Valley Buddhist Vihara and Meditation Center

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