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VESAK FULL MOON POYA DAY
SIL OBSERVANCE

May 9
Saturday

Location

**Palpung Thubten
Choling Temple**
245 Sheafe Rd,
Wappingers Falls,
NY 12590



Scan for Navigation

PROGRAM SCHEDULE | 8.30 AM to 4.00 PM

- 08:30 - 09:00 Preparation for sil
- 09:00 - 10:00 Observance of eight precepts
- 10:00 - 11:00 Meditation Session
- 11:00 - 12:30 Dana (lunch)
- 12:30 - 13:00 Walking Metitation
- 13:00 - 14:10 Dhamma Talk
- 14:10 - 14:30 Mindful Tea Time
- 14:30 - 15:30 Dhamma Discussion
- 15:30 - 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!

ORGANIZED BY

Hudson Valley Buddhist Vihara and Meditation Center

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