

## Weekly schedule for women guests

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No puja	Morning puja 5am in Aloka Shrine Room	Morning puja 5am in Aloka Shrine Room	Morning puja 5am in Aloka Shrine Room	No puja	Morning puja 5am in Aloka Shrine Room	Morning puja 5am in Aloka Shrine Room
6.15 - 7 am Chores in Aloka cottage	6.15 - 7am Chores in Aloka cottage	6.15 - 7am Chores in Aloka cottage	6.15 - 7am Chores in Aloka cottage	6.15 - 7am Chores in Aloka cottage	6.15 - 7am Chores in Aloka cottage	6.15 - 7 am Chores in Aloka cottage
7am Breakfast in Aloka cottage	7am Breakfast in Aloka cottage	7am Breakfast in Rocana cottage with the nuns	7am Breakfast in Aloka cottage	7am Breakfast in Aloka cottage	7am Community Breakfast in the Main House	7am Breakfast in Aloka cottage
<b>Quiet Day</b> Help in kitchen as needed. Otherwise, time for your own practice - meditation in Shrine room or own room, walks, study, gardening Keeping Noble Silence	Help in kitchen as needed. Morning work meeting for all who are not in the kitchen at 8.15am in Rocana cottage	Help in kitchen as needed. Morning work meeting for all who are not in the kitchen at 8.15am in Rocana cottage	Help in kitchen as needed. Morning work meeting for all who are not in the kitchen at 8.15am in Rocana cottage	<b>Quiet Day</b> Help in kitchen as needed. Otherwise, time for your own practice - meditation in Shrine room or own room, walks, study, gardening Keeping Noble Silence	Help in kitchen as needed. Otherwise, morning free for your own practice - meditation in Shrine Room or own room, walks, study, gardening	Help in kitchen as needed. Otherwise, morning free for your own practice - meditation in Shrine Room or own room, walks, study, gardening
Meal 11.30am at the main monastery - we meet in the Dhamma Hall	Meal 11.30am at the main monastery - we meet in the Dhamma Hall	Meal 11.30am at the main monastery - we meet in the Dhamma Hall	Meal 11.30am at the main monastery - we meet in the Dhamma Hall	Meal 11.30am at the main monastery - we meet in the Dhamma Hall	Meal 11.30am at the main monastery - meet in the Dhamma Hall	Meal 11.30am at the main monastery - meet in the Dhamma Hall
Quiet Day Keeping Noble Silence	Afternoon for solitary practice	Afternoon for solitary practice	Afternoon for solitary practice	Quiet Day	Afternoon for solitary practice	Work afternoon 1.30pm meet in Rocana cottage 5pm tea at main house with a Sangha member
No evening puja	Evening puja and Dhamma sharing: 7.30pm in Aloka Shrine room	Evening puja: 7.30pm in Aloka Shrine Room	Evening puja: 7.30pm in Aloka Shrine Room	No evening puja	Evening puja and Dhamma talk: 7.30pm in Dhamma Hall	Evening puja and Guided Meditation: 7.30pm in Dhamma Hall