



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

SEPTEMBER 2010
 2010年9月

Sun 星期日	Mon 星期一	Tues 星期二	Wed 星期三	Thur 星期四	Fri 星期五	Sat 星期六																																																	
<p>August 2010</p> <table border="1"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> </tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </tbody> </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					<p>1</p> <p><u>2.00pm</u>: Group Meditation</p> <p><u>7.30pm</u>: Group Meditation</p>	<p>2</p> <p><u>2.00pm</u>: Group Meditation</p>	<p>3</p> <p><u>2.00pm</u>: Group Meditation</p> <p><u>7.30pm</u>: Group Meditation</p>	<p>4</p> <p>Day retreat: 8.15am-6pm. (Duty: Group 2)</p> <p>7.30pm: Guided Meditation & Dhamma Talk in Burmese Language</p>							
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* **Everyday: 6.30am - Breakfast Dana, 11.30am - Lunch Dana**

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