

**INDONESIA SATIPATTHANA MEDITATION CENTER (ISMC) - BACOM**  
**DAILY SCHEDULE UNTUK**  
**RETREAT REMAJA**

TIME (WAKTU)	ACTIVITY (KEGIATAN)
04.15 - 04.30	Morning Call and Wake Up (Bel Pagi dan Bangun Pagi)
04.30 - 05.30	Morning Chanting and Sitting Meditation (Puja Pagi dan Meditasi Duduk)
05.30 - 07.00	Breakfast and Personal Time (Sarapan dan Keperluan Pribadi)
07.00 - 07.30	Walking Meditation (Meditasi Jalan) - 30 mins
07.30 - 08.00	Sitting Meditation (Meditasi Duduk) - 30 mins
08.00 - 08.15	Refreshment (Istirahat)
08.15 - 09.15	Moral Class (Pembelajaran Budi Pekerti) - 60 mins
09.15 - 10.15	Basic Pali (Pembelajaran Bahasa Pali Dasar) - 60 mins
10.15 - 11.00	Shower and Line Up (Mandi dan Baris)
11.00 - 12.00	Lunch and Taking a Nap (Makan Siang dan Istirahat)
12.00 - 13.00	Private Study Time (Waktu Belajar Sendiri Materi Yg Sdh Diajarkan)
13.00 - 14.00	Kronologi Hidup Buddha - 60 mins
14.00 - 14.15	Refreshment (Istirahat)
14.15 - 14.45	Walking Meditation (Meditasi Jalan) - 30 mins
14.45 - 15.15	Sitting Meditation (Meditasi Duduk) - 30 mins
15.15 - 15.30	Refreshment (Istirahat)
15.30 - 17.00	Dhamma Class (Pembelajaran Dhamma) - 1 h 30 mins
17.00 - 18.00	Evening Drink and Shower (Minum Sore dan Mandi)
18.00 - 19.15	Requesting Sila, Evening Chanting and Sitting Meditation
19.15 - 19.30	Refreshment (Istirahat)
19.30 - 20.30	General Buddhism (Buddhisme Umum) - 60 mins
20.30 - 20.45	Question and Answer (Tanya Jawab) - 15 mins
20.45 - 21.00	Metta Chanting (Pemancaran Cinta Kasih)
21.00 - 04.15	Sleeping time (Waktu Tidur, Matikan Lampu)