

# Dhamma Sineru Signs

All fonts have been adjusted to “Noto Sans”, a free and international font available from Google, consistent in all world languages.

To edit these signs, please download Noto from here:

<https://www.google.com/get/noto/>

- Schedules are in tabular format
- Full-length sentences (long-form signs) are fully-justified
- Sentence fragments (small signs) are centre-aligned

# Schedule Tables

# Dining Hall Timings / भोजनालय का समय

Please come on time for meals.

कृपया भोजन के लिए समय पर आएं।

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<b>Breakfast</b>	<b>जलपान</b>	<b>6:30 - 7:15 AM</b>
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<b>Lunch</b>	<b>भोजन</b>	<b>11:00 - 11:45 AM</b>
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<b>Tea</b>	<b>चाय</b>	<b>5:00 - 5:30 PM</b>
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## Bath Timings / स्नान का समय

Please only bathe during designated bathing periods. At other times Dhamma Servers will take their baths. Do not bathe during meditation periods.

कृपया निर्धारित स्नान काल के दौरान स्नान करें। अन्य समय में धम्म सेवक स्नान करेंगे। ध्यान अवधि के दौरान स्नान न करें।

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<b>Morning</b>	<b>सुबह</b>	<b>7:00 - 7:45 AM</b>
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<b>Afternoon</b>	<b>दोपहर</b>	<b>12:00 - 12:45 PM</b>
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<b>Evening</b>	<b>शाम</b>	<b>5:00 - 5:45 PM</b>
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# Day 1 Schedule / दिन १ अनुसूची

4:00 AM	Wake up	TODO
4:30 AM	Meditate	TODO
6:30 AM	Breakfast	TODO
7:00 AM	Rest	...
8:00 AM	Group Meditation in hall	
9:00 AM	Meditate as per teacher's	
11:00 AM	Lunch	
12:00 PM	Rest	
1:00 PM	Meditate	
2:00 PM	Group Meditation in hall	
3:00 PM	Meditate as per teacher's	
5:00 PM	Tea	
6:00 PM	Group Meditation in hall	
7:00 PM	Discourse	
8:00 PM	Group Meditation in hall	
9:00 PM	Bedtime	

# Long-form Signs

**Please return to the Main  
Dhamma Hall after the  
English discourse.**

**कृपया अंग्रेजी संभाषण के बाद  
मुख्य धम्म हॉल में लौट आएं।**

**In the dining hall, sit in the same seat number previously assigned to you in the Dhamma Hall.**

**कृपया भोजनालय में धम्म हॉल में आपको नियत किए गए सीट संख्या पर ही बैठें।**



# Small Signs

**Do not bring water bottles  
into the Dhamma Hall**

**धम्म हॉल में पानी  
की बोतलें न लायें**