

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।

Breakfast	जलपान	6:30 - 7:15 AM
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Lunch	भोजन	11:00 - 11:45 AM
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Tea	चाय	5:00 - 5:30 PM
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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 स्नान के निर्धारित समय के दौरान ही स्नान करें। अन्य समय पर धम्म सेवक स्नान करेंगे। ध्यान अवधि के दौरान स्नान न करें।

Morning	सुबह	7:00 - 7:45 AM
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Afternoon	दोपहर	12:00 - 12:45 PM
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Evening	शाम	5:00 - 5:45 PM
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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**

**Do not touch your
lips to the glass**

गिलास को होटों से ना छुए

Eyes Downcast

आंखे झुकी रखें

Do not crack knuckles

पोर पोर न फटे (?)

**Turn lids up with
handle down**

TODO ???????