

Kow Tham Insight Meditation Centre

Daily Working Meditation List

Working Meditation		Name
WOMEN'S DORM		
Clean toilets & clean bathing area (after breakfast)	2 Women	1. 2.
Sweep around dorm in front of room, steps leading to dorm (after breakfast)	1 Woman	1.
Sweep paths leading to dorm, driveway to the dorm area (after breakfast)	2 Women	1. 2.
MEN'S DORM		
Clean toilets & clean bathing rooms including sink area (after breakfast)	2 Men	1. 2.
Sweep lower paths and steps leading to dorm and toilets (after breakfast)	1 Man	1.
Sweep area in front of dorm near water tanks and in front of bathing rooms	2 Men	1. 2.
MEDITATION HALL		
Sweep inside hall and around doorways (after breakfast)	1 Person	1.
Sweep paths and steps leading to outside the meditation hall	1 Person	1.
Sweep Walking Meditation Area (sandy area between meditation hall and Buddha hall) (after breakfast)	3 Persons	1. 2. 3.
Sweep driveway from Meditation Hall to Dining Hall (after breakfast)	2 Persons	1. 2.

Working Meditation		Name
DINING HALL / KITCHEN		
Food reflection (before breakfast & lunch)	1 Person	1.
Clear food & kitchen wash-up, wipe tables & sweep floor, dry bowls, cups and spoons (after breakfast)	5 Persons	1. 2. 3. 4. 5.
Clear food & kitchen wash-up, wipe tables & sweep floor, dry bowls, cups and spoons (after lunch)	5 Persons	1. 2. 3. 4. 5.
Tea time clean up	1 Person	1.
Clean toilets near the dining hall (after breakfast)	2 Persons	1. 2.
Sweep in front of Dining Hall and carpark, prepare rubbish bins	1 Person	1.
LOWER MEDITATION HALL		
Sweep Floor and steps inside hall (after breakfast)	1 Person	1.
Sweep sandy area in front of hall and Buddha Image (after breakfast)	1 Person	1.
Sweep sandy area adjacent lower hall opposite water tanks (after breakfast)	2 Persons	1. 2.