



Kanduboda Siyane
 International Insight Meditation Centre.
 Kanduboda
 Sri Lanka

Application for foreign Yogi

1. Full Name :-
2. Profession :-
3. Age :- Date of birth: -
4. Gender :- Male Female
5. Nationality :-
6. Permanent Address :-
7. Contact No s :-
8. E-mail :-
9. Passport No :-..... Date of issue :- Date of expiry :-
 (PP copy to be attached)
10. In case of emergency to notify
 - 10.1. Name :-
 - 10.2. Address :-
 - 10.3. Contact :-

If you have any health issues (Physically or psychologically) please mention.

11. Your previous meditation experience

Meditation centre	Period (From – To)

12. Purpose of meditation

13. Flight details

Flight No :- Arrival date/time:- Departure date/time:-

14. Expected duration of stay at the meditation centre – 7 to 14 days From:- To:-

(Period can be extended with the permission of the chief monk)

Entrance fee – \$25 (USD)/= (Minimum)

.....
 Date

.....
 Signature

Approved – Chief Monk

Kanduboda Siyane International Insight Meditation Centre.

Kanduboda

Sri Lanka

Daily time table for meditators

Morning wake – up bell	4.00 am
Chanting	4.30 am
Porridge drink	5.00 am
Mindfulness in motion	4.00 am – 6.00 am
Breakfast	6.15 am
Group meditation	7.15 am – 8.15 am
Fruit drink	8.15 am
Ritual	8.30 am – 9.30 am
Bathing	9.30 am – 11.00 am
Lunch	11.15 am
Group meditation	12.30 pm – 1.30 am
Tea	1.30 am
Instructions for meditation	2.00 pm
Ritual	5.00 pm – 6.00 pm
Chanting	6.00 pm
Tea	6.30 pm
Group meditation	7.00 pm – 8.00 pm
Retire to your own room	10.00 pm