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Appendix A

Interview Questions

1. Interview Question for Participants

- 1) Why do you want to meditate and why have you chosen this centre (Wat Pah Nanachat, Suan Mohhk, Wat Phra Dhammakaya, Wat Mahādhātu)?
- 2) Are there anything that impressed you on the retreat?
- 3) What are the benefits or changes you experienced after the retreat?
- 4) Could you please share some of your meditation experience? What is your most profound memory from the retreat?

2) Interview Question for Meditation's Organizer

- 1) Could you please explain the meditation retreat background? (How long did the meditation retreats begin and how many people attended the retreat? What is the purpose of the meditation retreat?)
- 2) How many staff supports the retreat at present time? How many types of advertising do you have to promote the retreat?
- 3) What is the meditation system have practiced here?
- 4) What are the programs for the retreat?
- 5) What are the benefits or changes of the participants after the retreat?

Appendix B

International Dhamma Hermitage (IDH)

The International Dhamma Hermitage (IDH) Schedule

Registration day 31 Oct 2009 (last day of the month before the retreat)

7:00 a.m. – 4:00 p.m.	Registration	*** = BELL
08:00***		

Breakfast at Dining Hall

12.30 p.m.***	Lunch	
3:50 p.m.***		
4:00 p.m.	Welcome to Suan Mokkh International	
	Ajahn Bodhi (Abbot)	
5:00 p.m.	Boundary tour	
6:00 p.m.	Tea, Video about Ajahn Buddhadasa	
	(Founder of Wat Suan Mokkh)	
7:00 p.m.***		
7:15 p.m.	Orientation Talk	
9:30 p.m.	LIGHTS OUT	

- After registration, you are allowed to go out to clear up all of your arrangements (e.g. booking for your trips or e-mail etc and you have to come back before 4:00 p.m. for Welcome talks).

Schedule Day 1 – Day 10

04:00***	Rise & shine	
04:30***	Morning Reading	
04:45	Sitting meditation	
05:15	Yoga / Exercise	
07:00***	Dhamma talk & Sitting meditation	
08:00	Breakfast & Chores	
10:00***	Dhamma talk	
11:00	Walking or Standing meditation	

11:45***	Sitting meditation
12:30 p.m.***	Lunch & Chores
2:30 p.m.***	Meditation Instruction and Sitting meditation
3:30 p.m.	Walking or Standing meditation
4:15 p.m. ***	Sitting meditation
5:00 p.m.***	Chanting & Loving kindness meditation
6:00 p.m.	Tea & Hot spring
7:30 p.m.***	Sitting meditation
8:00 p.m.	Group Walking meditation
8:30 p.m.	Sitting meditation
9:00 p.m.***	Bedtime Goodnight (the gate will be closed at 9:15 p.m.)
9:30 p.m.	LIGHTS OUT

Note on *Day 9* the IDH provide one meal on 8.00 pm and have no Dhamma talking.

Schedule Day 11

04:00***	Rise & shine	***	=
	BELL		
04:30	Morning Reading		
04:45	Sitting meditation		
05:15	Go to the dorms, pack, clean the rooms, return the blankets & nets		
05:45	Bring your pack, key, valuables receipt to the dining hall. Get the passport and valuables, drink tea, have a look at the books on display. END OF THE SILENCE.		
06:45***	Ajahn Poh's farewell talk and a short sitting meditation period. Take photos after sitting only.		
08:00	Breakfast at the monastery.		
09:30	Talk and tour at the 'Spiritual Theatre'. Meet at the 'information'.		

BIOGRAPHY

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Educational Background

- | | |
|-----------|--|
| 2005-2010 | PhD candidate (Buddhist Studies) Mahachulalongkornrajavidyalaya University |
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