

1D Children Course Timetable

From	To	Subject
9:15:00	- 9:45:00	Registration Open
09:45 AM	- 10:00 AM	Orientation for Student
10:00 AM	- 10:30 AM	Anapana Session - (Introduction)
10:30 AM	- 10:45 AM	Break
10:45 AM	- 11:25 AM	Meditation Session 1
11:25 AM	- 12:05 PM	Activities/Small group checking
12:05 PM	- 12:35 PM	Meditation Session 2
12:35 PM	- 01:30 PM	Lunch and Activities
01:30 PM	- 02:05 PM	Meditation Session 3
02:05 PM	- 02:20 PM	Break
02:20 PM	- 02:50 PM	Meditation Session 4 - Story telling (Revision and QA)
02:50 PM	- 03:05 PM	Break
03:05 PM	- 03:30 PM	Metta Session
03:30 PM	- 04:00 PM	Snack. Home Sweet Home