

One-Day Children's Course

Timetable

9.45 – 10.00	Manager's Introductory Talk
10.00 – 10.40	Anapana
10.40 – 11.00	Refreshment Break
11.00 – 11.40	Session 1
11.40 – 12.30	Lunch
12.30 – 1.10	Session 2
1.10 – 2.00	Checking / Activities
2.00 – 2.30	Session 3
2.30 – 2.50	Break
2.50 – 3.15	Interaction session in the hall followed by Group Sitting
3.15 – 3.30	Break
3.30 – 4.00	Discourse and Mettā