



Timetable for Children's and Teenager Courses

Friday (Day 0)

17.00 – 18.30	Registration
18.30 – 19.30	Dinner
19.30 – 20.00	Welcome and introductory talk
20.00 – 20.45	Instructions for Anapana Meditation
20.45	Bedtime



Saturday (Day 1)

07.00	Wake up
07.15 – 7.45	Physical activities
07.45 – 08.15	Meditation
08.15 – 09.00	Breakfast – followed by quiet activities
09.00 – 09.40	Meditation – followed by short clarifications and discussion by the CCT
09.40 – 11.00	Interaction 1 st checking animation, creative activities, refreshments
11.00 – 11.30	Meditation
11.30 – 12.00	Interaction with the CCT (clarifications and discussion)
12.00 – 13.30	Lunch – followed by rest or quiet activities
13.30 – 14.00	Meditation – followed by short clarifications and discussion
14.00 – 14.30	Games and activities
14.30 – 15.00	Meditation
15.00 – 15.30	Interaction with the CCT (clarifications and discussion)
15.30 – 16.00	Walk, activities
16.00 – 17.30	Interaction 2 nd checking snacks, refreshments, activities
17.30 – 18.00	Meditation – followed by short clarifications and discussion by the CCT
18.00 – 19.00	Dinner – followed by rest or quiet activities
19.00 – 20.15	Reading stories, quiet activities
20.15 – 20.45	Questions & answers – followed by Meditation (group sitting)
20.45	Bedtime



Sunday (Day 2)

07.00	Wake up
07.15 – 07.45	Physical activities
07.45 – 08.15	Meditation
08.15 – 09.00	Breakfast – followed by quiet activities
09.00 – 09.30	Meditation
09.30 – 10.00	Interaction with the CCT (clarifications and discussion)
10.00 – 11.30	Writing, creative activities, refreshments
11.30 – 12.00	Discourse and Metta
12.00	Lunch – end of the course (Tidying up and cleaning of the rooms)

