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 1st 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 2nd 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)