

# WELCOME!

## Anapana Course for Children and Young People Timetable

### Friday

- 6.00 Registration
- 7.00 Dinner
- 7.30 Welcome and Manager's Introductory Talk
- 8.00 **Anapana Instructions**
- 8.45 Bedtime

### Saturday

- 7.00 Wake up
- 7.30 Physical Activity
- 7.45 **Meditation**
- 8.15 Breakfast followed by quiet activities
- 9.00 **Meditation** – followed by short clarification/discussion led by CCT
- 9.30 Interaction (Creative activity/checking in groups/refreshment)
- 11.00 **Meditation**
- 11.30 Clarification and discussion led by CCT
- 12.00 Lunch and games followed by rest/quiet activities
- 1.30 **Meditation** – followed by short clarification/discussion led by CCT
- 2.00 Activity
- 2.30 **Meditation**
- 3.00 Clarification and discussion led by CCT
- 3.30 Walk (on centre land)/Dhamma Service activity
- 4.00 Interaction (Creative activity/checking in groups/refreshment)
- 5.30 **Meditation** – followed by short clarification led by CCT
- 6.00 Dinner
- 7.00 Q/A tape or live followed by **Meditation**
- 7.30 Story/quiet activity
- 8.15 **Meditation**
- 8.45 Bedtime

### Sunday

- 7.00 Wake up
- 7.30 Physical Activity
- 7.45 **Meditation**
- 8.15 Breakfast followed by quiet activities
- 9.00 **Meditation**
- 9.30 Clarification and Discussion led by CCT
- 10.00 Writing/creative activity/refreshment
- 11.30 **Discourse and Metta**
- 12.00 Lunch – Course Ends

