

One-day Vipassana course

9:30 a.m.	Introduction talk
9:40 – 10:20 a.m.	Anapana
10:30 – 11:20 a.m.	Anapana
11:30 – 12:20 p.m.	Vipassana

If an assistant teacher is present, after this session, in the meditation hall, you may have an interview.

12:20 – 1:00 p.m.	Lunch break
1:00 – 1:50 p.m.	Vipassana
2:00 – 3:00 p.m.	Vipassana
3:10 – 4:10 p.m.	Vipassana + Mettabhavana
4:20 – 4:40 p.m.	Discourse
4:40 p.m.	Noble silence ends