

5-day Vipassana Meditation Schedule

Saturday

11:30–12:00	Checking in and greetings
12:00–13:00	Lunch
13:00–14:00	Free time (rest)
14:00–15:00	Program introduction(<i>Introduction to Buddhist meditation & rules</i>)
15:00 -15:30	Break
15:30 – 16:30	Sitting meditation (session 1) & discussion
16:30 – 17:00	Break
17:00-18:00	Walking meditation indoor (session 1)
18:00-18:30	Break
18:30- 19:30	Dinner
19:30-20:00	Break (relaxing fun time)
20:00-22:00	Aurora activities (e.g. sitting/walking meditation, picture taking, etc.)
22:00-23:00	Voluntary meditation (indoor) & Aurora activities
23:00	Bed time

Sunday

6:30-7:30	Voluntary meditation
8:00-9:00	Breakfast time
9:00-9:30	Refection and Q&A
9:30–10:30	Sitting meditation (Session 1) & discussion
10:30-11:00	Break
11:00-12:00	Walking meditation (indoors)
12:00– 13:00	Lunch time
13:00 – 14:00	Sitting meditation (session 2) & discussion
14:00 – 14:30	Break
14:30 -15:30	Walking meditation (outdoors) & discussion
15:30 – 16:00	Break
16:00–17:00	Sitting meditation (session 3) & discussion
17:00-17:30	Break
17:30-18:30	Dinner
18:30- 20:30	Free time (relaxing fun time)
20:30-21:30	Dharma talk and Q&A
21:30-23:00	Aurora activities with mindfulness
23:00	Bed time.

Monday

6:30-7:30	Voluntary meditation
8:00-9:00	Breakfast time
9:00-9:30	Refection and Q&A
9:30-10:30	Sitting meditation (Session 1) & discussion
10:30-11:00	Break
11:00-12:00	Walking meditation (indoors)
12:00- 13:00	Lunch time
13:00 – 14:00	Sitting meditation (session 2) & discussion
14:00 – 14:30	Break
14:30 -15:30	Walking meditation (outdoors) & discussion
15:30 – 16:00	Break
16:00-17:00	Sitting meditation (session 3) & discussion
17:00-17:30	Break
17:30-18:30	Dinner
18:30- 20:30	Free time (relaxing fun time)
20:30-21:30	Dharma talk and Q&A
21:30-23:00	Aurora activities with mindfulness
23:00	Bed time.

Tuesday (Silent Day)

6:30-7:30	Voluntary meditation
8:00-9:00	Breakfast time
9:00-9:30	Refection and Q&A
9:30-10:30	Sitting meditation (Session 1)
10:30-11:00	Break
11:00-12:00	Walking meditation (indoors)
12:00- 13:00	Lunch time
13:00 – 14:00	Sitting meditation (session 2)
14:00 – 14:30	Break
14:30 -15:30	Walking meditation (outdoors)
15:30 – 16:00	Break
16:00-17:00	Sitting meditation (session 3)
17:00-17:30	Break
17:30-18:30	Dinner
18:30- 20:30	Free time (relaxing fun time)
20:30-21:30	Dharma talk and Q& A
21:30-23:00	Aurora activities with mindfulness
23:00	Bed time.

Wednesday

6:00-7:00	Voluntary meditation
7:00-8:00	Breakfast
8:00-8:30	Reflection and Q&A
8:30-9:30	Sitting meditation (Session 1) & discussion
9:30-10:00	Break
10:00-11:00	Walking meditation (indoors)
11:00-11:30	Break
11:30-12:30	Lunch time
12:30-13:30	Free time & packing
13:30-14:00	Sitting meditation (session 2) & discussion
14:00-15:30	Personal consulting (upon request) & Voluntary sitting /walking meditation
15:30 -16:00	Program Summary
16:00-16:30	Packing & tidying up bedroom
16:30	Leaving for the train station/airport

