

Aurora Tour with Mindfulness (weekends)

Day 1 (Friday)

- 16:00-16:45 Gathering at T-central station (*information desk*)
17:23-05:43 Departure from Stockholm to Boden by SJ train (*sleeping carriage*)

Day 2 (Saturday)

- 7:00 – 8:00 Check in the temple & Refreshing
8:00 – 9:00 Breakfast
9:00 – 10:00 Introduction of the program
(*Schedule & Things to be aware of while living in the temple*)
10:00-11:00 Break
11:00 -12:00 Leading Meditation
(*Session 1 - Introduction of Buddhism & meditation, discussion*)
12:00-13:00 Break
13:00 -14:00 Lunch (*mindful eating*)
14:00 -15:00 Walking Meditation (*indoors – session 1*)
15:00- 17:00 Break & Rest
17:00 – 18:00 Sitting Meditation with discussion (*session 2*)
18:00- 19:00 Break
19:00 – 20:00 Dinner (*mindful eating*)
20:00 - 22:00 Walking Meditation (in Northern Lights- session 2)
& other Aurora Activities (*e.g. voluntary meditation, picture taking etc.*)

Day 3 (Sunday)

- 6:00 –7:00 Sitting Meditation (*session 3*)
7:00-8:00 Breakfast
8:00 – 9:00 Break & packing with mindfulness :0)
9:00-13:00 Travel to the oldest Ice hotel in the world (in Kiruna) & simple lunch on bus
13:00-16:00 Visiting ice hotel with mindfulness (*mindful walking / talking etc.*)
16:00 -17:00 Walking meditation (*session 3*) & program summary (sharing)
17:00-17:30 Travel to train station Kiruna
18:30- Departing to Stockholm

Day 4 (Monday)

- 09:53 - Arriving at Stockholm T-Central station

Enjoy your beautiful trip with mindfulness, breath & smile :)

May this unique Aurora Tour bring you more awareness, inner peace & joy and inspiration.

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For, please download and fill in **Registration form-1** and send to us by email.

40 seats only, registration is on first register- first service basis.

Activity Time: Each second weekend of the month 2021/2022

Month	Second week of the month
October 2021	Week 41 (October 8 – 11)
November 2021	Week 46 (November 12-15)
December 2021	Week 50 (December 10 -13)
January 2022	Week 2 (January 7-10)
February 2022	Week 7 (February 11-14)

Welcome to visit our website for more information / programs (e.g. Northern Lights Vipassana Meditation programs and other activities)