



UNIVERSAL MEDITATION FROM BUDDHA
EXPLAINED IN THEORY AND PRACTICE BY VIPASSANA TEACHER S.N.GOENKA

3 HOURS COURSE FOR ALL – ANAPANA VIPASSANA and METTA MEDITATION

30 MINUTES Practice anapana meditation

5 MINUTES break

20 MINUTES Discourse anapana meditation

5 MINUTES break

35 MINUTES Practice vipassana meditation

5 MINUTES break

20 MINUTES Discourse vipassana meditation

5 MINUTES break

35 MINUTES Practice metta meditation

make sure all audio materials are ready to play, make sure food is prepare, make sure all possible disturbance are disable as wifi mobile phones etc.