



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

1 DAY COURSE FOR ALL – ANAPANA VIPASSANA METTA MEDITATION

9:00-9:45 Chanting to prepare atmosphere for meditation

10:00-10:30 Discourse anapana meditation

10:35-11:00 Practice anapana meditation

11:00-11:30 Meditation

11:30-12:30 Lunch

12:30-13:00 Vipassana introduction

13:00-13:30 Vipassana meditation

13:30-14:00 Rest period

14:00-15:00 Meditation vipassana

15:00-15:30 Metta meditation introduce

15:30-16:00 Metta practice

16:00-16:40 Final discourse by S.N.Goenka

make sure all audio materials are ready to play, make sure food is prepared, make sure all possible disturbances are disabled as wifi mobile phones etc.