

Time commitment

The program is conducted on Saturday mornings over 5 consecutive weeks. Duration of each weekly session is 2 hours.

Commitment for all 5 sessions of the program is **mandatory**

Schedule

7.15 - 7.30 AM Gate opens for arrivals

7.35 AM Gate closes

7.30 AM Guided meditation sitting
(training)

Dhamma talk (lecture)

9.00 - 9.30 AM END