

*Child and Teen Courses
at Dhamma Suttama
STUDENTS SCHEDULE*

9:15 am	Registration
9:40 am	Guided tour of the centre with group leader
10:00	Course Orientation Talk
10:30 am	Meditation
11:00	Activities
11:30	Meditation
12 noon	Meditation / Meeting period with the teacher /Activities
12:30	Lunch and activities
1:30 pm	Meditation
2:00 pm	Activities
2:30 pm	Meditation
3:00 pm	Activities
3:30 pm	Meditation
4:00 pm	End of the course, snack and parent's arrival