

STUDENT'S SCHEDULE

9:15 am	Beginning of the day - welcome
10:00 am	Orientation talk
10:30 - 11:00 am	<u>Meditation</u>
	Break
11:30 - 12 noon	<u>Meditation</u>
12 noon - 12:30 pm	Question period with the teacher/Break
12:30 - 1:30 pm	Lunch and break
1:30 - 2:00 pm	<u>Meditation</u>
	break
2:30 - 3:00 pm	<u>Meditation</u>
	break
3:45 - 4:15 pm	<u>Meditation</u>
	End of the course, snack and break
4:30 pm	Parent's arrival and departure