

# Vipassana retreat in Turin 04>05 November, 2023.

## Program

Notes: Instruction and Theory > <https://www.cs.ru.nl/~henk/Dhamma.pdf>

Reader: Nyanaponika Thera, The heart of Buddhist Meditation >

[https://terebeess.hu/keletkultinfo/the\\_heart\\_of\\_buddhist\\_meditation.pdf](https://terebeess.hu/keletkultinfo/the_heart_of_buddhist_meditation.pdf)

### Saturday 04.11.2023

09:30 - 10:30. Instructions and sitting meditation  
10:30 - 11:15. Walking meditation (with instruction)  
11:15 - 12:00. Sitting meditation  
12:00 - 12:20. Walking meditation (small session)  
12:20- 12:30. Instructions for conscious meals  
12:30 - 14:30. Lunch break  
14:30 - 15:30. Questions & Answers  
15:30 - 16:15. Sitting meditation  
16:15 - 17:00. Walking meditation  
17:00 - 17:15. Tea/coffee break (optional)  
17:15 - 18:00. Sitting meditation  
18:00 - 18:15. Walking meditation (small session)  
18:15 - 19:15. Dhamma talk  
19:15 - 19:30. Metta meditation

### Sunday 05.11.2023

09:30 - 10:30. Instructions and sitting meditation  
10:30 - 11:15. Walking meditation (with instructions)  
11:15 - 12:00. Sitting meditation  
12:00 - 12:30. Walking meditation  
12:30 - 14:30. Lunch break  
14:30 - 15:15. Questions & Answers  
15:15 - 15:45. Sitting meditation  
15:45 - 16:00. Walking meditation (small session) / tea/coffee break (optional)  
16:00 - 17:00. Dhamma talk and Closure with small Metta practice

In urgent cases we are available via SMS or WhatsApp. Henk +31.6.26488169, Mirjam +31.6.1991836, Antonino +39 334 8684653.

