

Move-Meditation & Powers of mind

Meditation Vacation Program

Program 6 days 5 nights in the temple of Krabi Thailand

-Include transfer roundtrip from Phuket Airport to the temple from temple to Phuket

-Include free Uniform

-include 3 meal and beverage

-include room with fan in the temple

Schedule of Meditation

03.30 am.	Wake up time
04:00 am	Prepare meditation hall together by sweep the floor
04:30 am.	Start to practice sitting and walking meditation
06:30 am.	Break time and do some exercise by sweep the autumn Leaves on the ground together
07:30 am.	Time for breakfast
08:00 am.	Free time (do your activity, have your shower)
09:00 am.	Practice Meditation
11.00 am.	Time for lunch
12:00 am.	Break time
13:00 pm.	Practice Meditation
15:00 pm.	Break time and do some exercise by sweep the autumn Leaves on the ground together
16:00 pm.	Practice Meditation
18:00 pm	Time for Dinner ,after that go back to your room
19:00 pm	Free time for reflection