

**Buddhist Counselling and Mindfulness Retreat
Schedule for 19 October 2019 (Saturday)**

Time	Activity
9:00 - 9:30 am	Check-in
9:30 – 10:30am	What is Mindfulness and Buddhist Counselling? (I) - Discussion
10:00am - 12:00nn	Relaxation with Yoga
12:00nn - 1:00pm	Mindful Eating
1:00 - 1:30pm	Relaxation
1:30 - 2:30pm	Mindfulness with Walking Meditation
2:30 - 3:00pm	Difficulties Faced with (Discussion)
3:00 - 4:00pm	Mindfulness with Body Scan <i>(kāyānupassanā)</i>
4:00 - 5:00pm	What is Mindfulness and Buddhist Counselling? (II) - Discussion
5:00 - 6:00pm	<i>Prāṇayāma</i> and Breathing
6:00 - 7:00pm	Mindful Eating
7:00 - 7:30pm	Relaxation
7:30 - 9:30pm	Keeping Mind at Present with <i>Prāṇayāma</i>
9:30 - 10:30pm	What is Mindfulness and Buddhist Counselling? (III) - Discussion

**Buddhist Counselling and Mindfulness Retreat
Schedule for 20 October 2019 (Sunday)**

Time	Activity
4:30 - 6:00am	Simple Yoga Practice
6:00 - 8:00am	Walking Meditation
8:00 - 9:00am	Mindful Eating
9:00 - 10:00am	What is Mindfulness and Buddhist Counselling? (IV) - Discussion
10:00am - 12:00nn	Mindfulness with Breathing
12:00nn - 1:00pm	Mindful Eating
1:00 - 3:00pm	Mindfulness with Colour Meditation
3:00 - 4:00pm	What is Mindfulness and Buddhist Counselling? (V) - Discussion
4:00 - 5:00pm	Closing Ceremony