

TRAIL TO VIPASSANA
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A Walk Within — From Footsteps to Stillness

Date: 10 August 2026

Participants: 51 Students

Duration: 9:00 AM – 11:00 AM

Activity: Short Trail + Vipassana Introduction + Guided Meditation

About the Activity

On 10 August 2026, a group of 51 students embarked on a short and tranquil trail to a Vipassana meditation centre, transforming an ordinary morning into a meaningful journey of movement, mindfulness and inner calm.

The group reported at the meeting point at 9:00 AM and began the trek at 9:05 AM, reaching the meditation centre by 9:30 AM. After a short snack break at 9:35 AM, students were introduced to the concept of Vipassana, a meditation practice focused on observing one's thoughts, feelings and sensations with awareness and without judgement. At 10:00 AM, students participated in a 10-minute meditation session, experiencing a moment of calm, silence and reflection.

After completing the meditation at 10:45 AM, students took a peaceful walk around the centre and observed the serene surroundings. The activity concluded at 11:00 AM, leaving students with a meaningful experience of slowing down, being present and reconnecting with themselves.

Key Takeaways:

- Introduction to Vipassana and mindful living
- Experience of meditation and inner calm
- Encouraged self-awareness and mental clarity
- Strengthened group bonding
- Connected students with a peaceful natural environment
- Created a moment to pause, observe and reflect

51 Students. 1 Peaceful Trail. 10 Minutes of Stillness. A Moment Within.