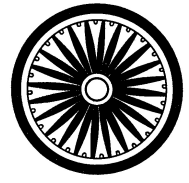




The Way of Mindfulness
Friday 21 October – Sunday 30 October 2022
Times in Asia/Bangkok time (+07)



Friday 21 October

03:00 PM – 04:30 PM	Manager's talk & Teacher's introduction Group practice
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Saturday 22 October

03:30 AM – 04:15 AM	(Optional) Posture & Flexibility
05:30 AM – 06:30 AM	Practice workshop
06:30 AM – 07:30 AM	Group practice
10:30 AM – 11:30 AM	Practice workshop
11:30 AM – 12:30 PM	Group practice
03:30 PM – 04:30 PM	Dharma talk
04:30 PM	Karaṇīya Mettā Sutta/Close

Sunday 23 October

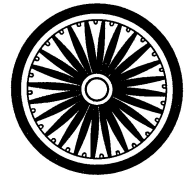
03:30 AM – 04:15 AM	(Optional) Posture & Flexibility
05:30 AM – 06:30 AM	Practice workshop
06:30 AM – 07:30 AM	Group practice
10:30 AM – 11:30 AM	Group practice
11:30 AM – 12:30 PM	<i>Weekenders' group discussion</i>
03:30 PM – 04:30 PM	Dharma talk
04:30 PM	Karaṇīya Mettā Sutta/Close

Monday 24 October – Saturday 29 October

03:30 AM – 04:15 AM	(Optional) Posture & Flexibility
05:30 AM – 06:30 AM	Practice workshop
06:30 AM – 07:30 AM	Group practice
07:30 AM – 08:45 AM	Interviews
10:30 AM – 11:30 AM	Group practice
11:00 AM – 01:45 PM	Interviews
12:30 PM – 01:30 PM	Group practice
03:30 PM – 04:30 PM	Dharma talk
04:30 PM	Karaṇīya Mettā Sutta/Close



The Way of Mindfulness
Friday 21 October – Sunday 30 October 2022
Times in Asia/Bangkok time (+07)



Sunday 30 October

03:30 AM – 04:15 AM	(Optional) Posture & Flexibility
05:30 AM – 06:30 AM	Practice workshop
06:30 AM – 07:30 AM	Group practice
07:30 AM – 08:30 AM	Closing circle
08:30 AM	End of retreat
