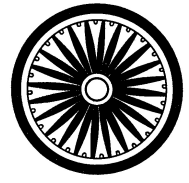




The Way of Mindfulness
Friday 21 October – Sunday 30 October 2022
Times in Asia/Colombo time (+0530)



Friday 21 October

01:30 PM – 03:00 PM	Manager's talk & Teacher's introduction Group practice
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Saturday 22 October

02:00 AM – 02:45 AM	(Optional) Posture & Flexibility
04:00 AM – 05:00 AM	Practice workshop
05:00 AM – 06:00 AM	Group practice
09:00 AM – 10:00 AM	Practice workshop
10:00 AM – 11:00 AM	Group practice
02:00 PM – 03:00 PM	Dharma talk
03:00 PM	Karaṇīya Mettā Sutta/Close

Sunday 23 October

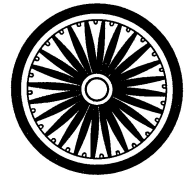
02:00 AM – 02:45 AM	(Optional) Posture & Flexibility
04:00 AM – 05:00 AM	Practice workshop
05:00 AM – 06:00 AM	Group practice
09:00 AM – 10:00 AM	Group practice
10:00 AM – 11:00 AM	<i>Weekenders' group discussion</i>
02:00 PM – 03:00 PM	Dharma talk
03:00 PM	Karaṇīya Mettā Sutta/Close

Monday 24 October – Saturday 29 October

02:00 AM – 02:45 AM	(Optional) Posture & Flexibility
04:00 AM – 05:00 AM	Practice workshop
05:00 AM – 06:00 AM	Group practice
06:00 AM – 07:15 AM	Interviews
09:00 AM – 10:00 AM	Group practice
09:30 AM – 12:15 PM	Interviews
11:00 AM – 12:00 PM	Group practice
02:00 PM – 03:00 PM	Dharma talk
03:00 PM	Karaṇīya Mettā Sutta/Close



The Way of Mindfulness
Friday 21 October – Sunday 30 October 2022
Times in Asia/Colombo time (+0530)



Sunday 30 October

02:00 AM – 02:45 AM	(Optional) Posture & Flexibility
04:00 AM – 05:00 AM	Practice workshop
05:00 AM – 06:00 AM	Group practice
06:00 AM – 07:00 AM	Closing circle
07:00 AM	End of retreat
