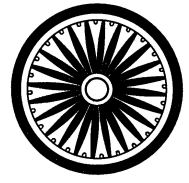




The Way of Mindfulness
Friday 21 October – Sunday 30 October 2022
Times in Asia/Singapore time (+08)



Friday 21 October

04:00 PM – 05:30 PM	Manager's talk & Teacher's introduction Group practice
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Saturday 22 October

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

Sunday 23 October

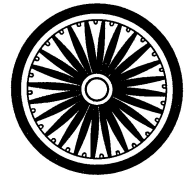
04:30 AM – 05:15 AM	(Optional) Posture & Flexibility
06:30 AM – 07:30 AM	Practice workshop
07:30 AM – 08:30 AM	Group practice
11:30 AM – 12:30 PM	Group practice
12:30 PM – 01:30 PM	<i>Weekenders' group discussion</i>
04:30 PM – 05:30 PM	Dharma talk
05:30 PM	Karaṇīya Mettā Sutta/Close

Monday 24 October – Saturday 29 October

04:30 AM – 05:15 AM	(Optional) Posture & Flexibility
06:30 AM – 07:30 AM	Practice workshop
07:30 AM – 08:30 AM	Group practice
08:30 AM – 09:45 AM	Interviews
11:30 AM – 12:30 PM	Group practice
12:00 PM – 02:45 PM	Interviews
01:30 PM – 02:30 PM	Group practice
04:30 PM – 05:30 PM	Dharma talk
05:30 PM	Karaṇīya Mettā Sutta/Close



The Way of Mindfulness
Friday 21 October – Sunday 30 October 2022
Times in Asia/Singapore time (+08)



Sunday 30 October

04:30 AM – 05:15 AM	(Optional) Posture & Flexibility
06:30 AM – 07:30 AM	Practice workshop
07:30 AM – 08:30 AM	Group practice
08:30 AM – 09:30 AM	Closing circle
09:30 AM	End of retreat
