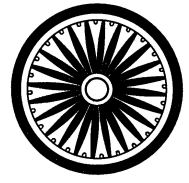




The Way of Mindfulness
Friday 21 October – Sunday 30 October 2022
Times in Australia/Adelaide time (ACDT)



Friday 21 October

06:30 PM – 08:00 PM	Manager's talk & Teacher's introduction Group practice
---------------------	-----------------------------------------------------------

Saturday 22 October

07:00 AM – 07:45 AM	(Optional) Posture & Flexibility
09:00 AM – 10:00 AM	Practice workshop
10:00 AM – 11:00 AM	Group practice
02:00 PM – 03:00 PM	Practice workshop
03:00 PM – 04:00 PM	Group practice
07:00 PM – 08:00 PM	Dharma talk
08:00 PM	Karaṇīya Mettā Sutta/Close

Sunday 23 October

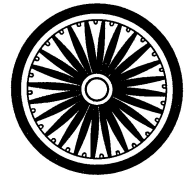
07:00 AM – 07:45 AM	(Optional) Posture & Flexibility
09:00 AM – 10:00 AM	Practice workshop
10:00 AM – 11:00 AM	Group practice
02:00 PM – 03:00 PM	Group practice
03:00 PM – 04:00 PM	<i>Weekenders' group discussion</i>
07:00 PM – 08:00 PM	Dharma talk
08:00 PM	Karaṇīya Mettā Sutta/Close

Monday 24 October – Saturday 29 October

07:00 AM – 07:45 AM	(Optional) Posture & Flexibility
09:00 AM – 10:00 AM	Practice workshop
10:00 AM – 11:00 AM	Group practice
11:00 AM – 12:15 PM	Interviews
02:00 PM – 03:00 PM	Group practice
02:30 PM – 05:15 PM	Interviews
04:00 PM – 05:00 PM	Group practice
07:00 PM – 08:00 PM	Dharma talk
08:00 PM	Karaṇīya Mettā Sutta/Close



The Way of Mindfulness
Friday 21 October – Sunday 30 October 2022
Times in Australia/Adelaide time (ACDT)



Sunday 30 October

07:00 AM – 07:45 AM	(Optional) Posture & Flexibility
09:00 AM – 10:00 AM	Practice workshop
10:00 AM – 11:00 AM	Group practice
11:00 AM – 12:00 PM	Closing circle
12:00 PM	End of retreat
