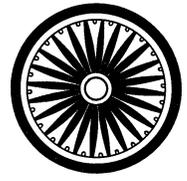




The Way of Mindfulness
Friday 21 October – Sunday 30 October 2022
Times in Australia/Brisbane time (AEST)



Friday 21 October

06:00 PM – 07:30 PM Manager's talk & Teacher's introduction
Group practice

Saturday 22 October

06:30 AM – 07:15 AM (Optional) Posture & Flexibility

08:30 AM – 09:30 AM Practice workshop
09:30 AM – 10:30 AM Group practice

01:30 PM – 02:30 PM Practice workshop
02:30 PM – 03:30 PM Group practice

06:30 PM – 07:30 PM Dharma talk
07:30 PM Karaṇīya Mettā Sutta/Close

Sunday 23 October

06:30 AM – 07:15 AM (Optional) Posture & Flexibility

08:30 AM – 09:30 AM Practice workshop
09:30 AM – 10:30 AM Group practice

01:30 PM – 02:30 PM Group practice
02:30 PM – 03:30 PM *Weekenders' group discussion*

06:30 PM – 07:30 PM Dharma talk
07:30 PM Karaṇīya Mettā Sutta/Close

Monday 24 October – Saturday 29 October

06:30 AM – 07:15 AM (Optional) Posture & Flexibility

08:30 AM – 09:30 AM Practice workshop
09:30 AM – 10:30 AM Group practice
10:30 AM – 11:45 AM Interviews

01:30 PM – 02:30 PM Group practice

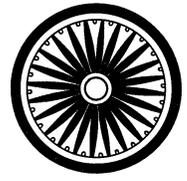
02:00 PM – 04:45 PM Interviews

03:30 PM – 04:30 PM Group practice

06:30 PM – 07:30 PM Dharma talk
07:30 PM Karaṇīya Mettā Sutta/Close



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



Sunday 30 October

06:30 AM – 07:15 AM	(Optional) Posture & Flexibility
08:30 AM – 09:30 AM	Practice workshop
09:30 AM – 10:30 AM	Group practice
10:30 AM – 11:30 AM	Closing circle
11:30 AM	End of retreat
