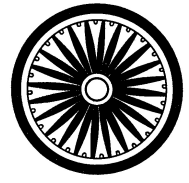




The Way of Mindfulness  
Friday 21 October – Sunday 30 October 2022  
Times in Australia/Darwin time (ACST)



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**Friday 21 October**

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05:30 PM – 07:00 PM	Manager's talk & Teacher's introduction Group practice
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**Saturday 22 October**

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06:00 AM – 06:45 AM	(Optional) Posture & Flexibility
08:00 AM – 09:00 AM	Practice workshop
09:00 AM – 10:00 AM	Group practice
01:00 PM – 02:00 PM	Practice workshop
02:00 PM – 03:00 PM	Group practice
06:00 PM – 07:00 PM	Dharma talk
07:00 PM	Karaṇīya Mettā Sutta/Close

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**Sunday 23 October**

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06:00 AM – 06:45 AM	(Optional) Posture & Flexibility
08:00 AM – 09:00 AM	Practice workshop
09:00 AM – 10:00 AM	Group practice
01:00 PM – 02:00 PM	Group practice
02:00 PM – 03:00 PM	<i>Weekenders' group discussion</i>
06:00 PM – 07:00 PM	Dharma talk
07:00 PM	Karaṇīya Mettā Sutta/Close

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**Monday 24 October – Saturday 29 October**

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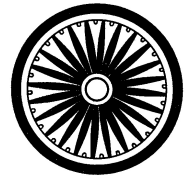
06:00 AM – 06:45 AM	(Optional) Posture & Flexibility
08:00 AM – 09:00 AM	Practice workshop
09:00 AM – 10:00 AM	Group practice
10:00 AM – 11:15 AM	Interviews
01:00 PM – 02:00 PM	Group practice
01:30 PM – 04:15 PM	Interviews
03:00 PM – 04:00 PM	Group practice
06:00 PM – 07:00 PM	Dharma talk
07:00 PM	Karaṇīya Mettā Sutta/Close

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

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**Sunday 30 October**

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06:00 AM – 06:45 AM	(Optional) Posture & Flexibility
08:00 AM – 09:00 AM	Practice workshop
09:00 AM – 10:00 AM	Group practice
10:00 AM – 11:00 AM	Closing circle
11:00 AM	End of retreat

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