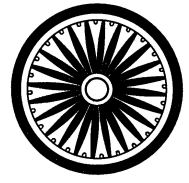




The Way of Mindfulness  
Friday 21 October – Sunday 30 October 2022  
Times in Australia/Sydney time (AEDT)



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**Friday 21 October**

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07:00 PM – 08:30 PM	Manager's talk & Teacher's introduction Group practice
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**Saturday 22 October**

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

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**Sunday 23 October**

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07:30 AM – 08:15 AM	(Optional) Posture & Flexibility
09:30 AM – 10:30 AM	Practice workshop
10:30 AM – 11:30 AM	Group practice
02:30 PM – 03:30 PM	Group practice
03:30 PM – 04:30 PM	<i>Weekenders' group discussion</i>
07:30 PM – 08:30 PM	Dharma talk
08:30 PM	Karaṇīya Mettā Sutta/Close

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**Monday 24 October – Saturday 29 October**

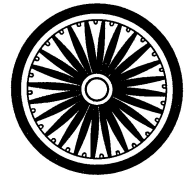
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07:30 AM – 08:15 AM	(Optional) Posture & Flexibility
09:30 AM – 10:30 AM	Practice workshop
10:30 AM – 11:30 AM	Group practice
11:30 AM – 12:45 PM	Interviews
02:30 PM – 03:30 PM	Group practice
03:00 PM – 05:45 PM	Interviews
04:30 PM – 05:30 PM	Group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

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



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**Sunday 30 October**

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07:30 AM – 08:15 AM	(Optional) Posture & Flexibility
09:30 AM – 10:30 AM	Practice workshop
10:30 AM – 11:30 AM	Group practice
11:30 AM – 12:30 PM	Closing circle
12:30 PM	End of retreat

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