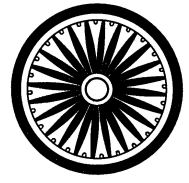




The Way of Mindfulness  
Friday 21 October – Sunday 30 October 2022  
Times in Pacific/Auckland time (NZDT)



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**Friday 21 October**

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09:00 PM – 10:30 PM	Manager's talk & Teacher's introduction Group practice
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**Saturday 22 October**

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09:30 AM – 10:15 AM	(Optional) Posture & Flexibility
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11:30 AM – 12:30 PM	Practice workshop
12:30 PM – 01:30 PM	Group practice

04:30 PM – 05:30 PM	Practice workshop
05:30 PM – 06:30 PM	Group practice

09:30 PM – 10:30 PM	Dharma talk
10:30 PM	Karaṇīya Mettā Sutta/Close

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**Sunday 23 October**

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09:30 AM – 10:15 AM	(Optional) Posture & Flexibility
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11:30 AM – 12:30 PM	Practice workshop
12:30 PM – 01:30 PM	Group practice

04:30 PM – 05:30 PM	Group practice
05:30 PM – 06:30 PM	<i>Weekenders' group discussion</i>

09:30 PM – 10:30 PM	Dharma talk
10:30 PM	Karaṇīya Mettā Sutta/Close

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**Monday 24 October – Saturday 29 October**

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09:30 AM – 10:15 AM	(Optional) Posture & Flexibility
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11:30 AM – 12:30 PM	Practice workshop
12:30 PM – 01:30 PM	Group practice
01:30 PM – 02:45 PM	Interviews

04:30 PM – 05:30 PM	Group practice
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05:00 PM – 07:45 PM	Interviews
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06:30 PM – 07:30 PM	Group practice
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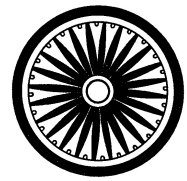
09:30 PM – 10:30 PM	Dharma talk
10:30 PM	Karaṇīya Mettā Sutta/Close

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The Way of Mindfulness  
Friday 21 October – Sunday 30 October 2022  
Times in Pacific/Auckland time (NZDT)

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**Sunday 30 October**

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09:30 AM – 10:15 AM	(Optional) Posture & Flexibility
11:30 AM – 12:30 PM	Practice workshop
12:30 PM – 01:30 PM	Group practice
01:30 PM – 02:30 PM	Closing circle
02:30 PM	End of retreat

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