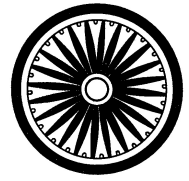




The Way of Mindfulness
Friday 21 October – Sunday 30 October 2022
Times in Pacific/Auckland time (NZDT)



The dharma talks in the evening are public and will be livestreamed on two websites. You should be able to view these on most modern browsers. The retreat manager has tested it with the latest Firefox, but others should work too. Please be sure to update your browser and operating system in advance of trying to watch the livestream to minimize the chance of a problem at the time, as the retreat manager will not have time to support non-retreatants.

If there are any major issues please email public@mindthegap.events and the retreat manager will look into it if time allows.

Saturday 22 October – Saturday 29 October

09:30 PM – 10:30 PM

Dharma talk

<https://live.mindthegap.events/>

<https://www.twitch.tv/mindthegapevents>

10:30 PM

Karaṇīya Mettā Sutta/Close
