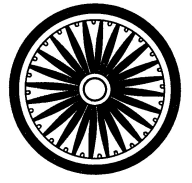




The Way of Mindfulness  
Friday 21 October – Sunday 30 October 2022  
Times in Asia/Colombo time (+0530)



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**Friday 21 October**

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|                     |   |
|---------------------|---|
| 01:30 PM – 03:00 PM | Manager's talk & Teacher's introduction<br>Group practice |
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**Saturday 22 October**

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|---------------------|----------------------------------|
| 02:00 AM – 02:45 AM | (Optional) Posture & Flexibility |
| 04:00 AM – 05:00 AM | Practice workshop                |
| 05:00 AM – 06:00 AM | Group practice                   |
| 09:00 AM – 10:00 AM | Practice workshop                |
| 10:00 AM – 11:00 AM | Group practice                   |
| 02:00 PM – 03:00 PM | Dharma talk                      |
| 03:00 PM            | Karaṇīya Mettā Sutta/Close       |

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**Sunday 23 October**

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|                     |                                     |
|---------------------|-------------------------------------|
| 02:00 AM – 02:45 AM | (Optional) Posture & Flexibility    |
| 04:00 AM – 05:00 AM | Practice workshop                   |
| 05:00 AM – 06:00 AM | Group practice                      |
| 09:00 AM – 10:00 AM | Group practice                      |
| 10:00 AM – 11:00 AM | <i>Weekenders' group discussion</i> |
| 02:00 PM – 03:00 PM | Dharma talk                         |
| 03:00 PM            | Karaṇīya Mettā Sutta/Close          |

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