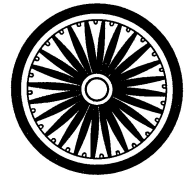




The Way of Mindfulness
Friday 21 October – Sunday 30 October 2022
Times in Australia/Adelaide time (ACDT)



Friday 21 October

06:30 PM – 08:00 PM	Manager's talk & Teacher's introduction Group practice
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Saturday 22 October

07:00 AM – 07:45 AM	(Optional) Posture & Flexibility
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09:00 AM – 10:00 AM	Practice workshop
10:00 AM – 11:00 AM	Group practice

02:00 PM – 03:00 PM	Practice workshop
03:00 PM – 04:00 PM	Group practice

07:00 PM – 08:00 PM	Dharma talk
08:00 PM	Karaṇīya Mettā Sutta/Close

Sunday 23 October

07:00 AM – 07:45 AM	(Optional) Posture & Flexibility
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09:00 AM – 10:00 AM	Practice workshop
10:00 AM – 11:00 AM	Group practice

02:00 PM – 03:00 PM	Group practice
03:00 PM – 04:00 PM	<i>Weekenders' group discussion</i>

07:00 PM – 08:00 PM	Dharma talk
08:00 PM	Karaṇīya Mettā Sutta/Close
