



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

Friday 21 October

06:00 PM - 07:30 PM	Manager's talk & Teacher's introduction
	Group practice

Saturday 22 October

06:30 AM – 07:15 AM	(Optional) Posture & Flexibility
08:30 AM - 09:30 AM	Practice workshop
09:30 AM - 10:30 AM	Group practice
01:30 PM - 02:30 PM	Practice workshop
02:30 PM - 03:30 PM	Group practice
06:30 PM - 07:30 PM	Dharma talk
07:30 PM	Karaṇīya Mettā Sutta/Close

Sunday 23 October

06:30 AM - 07:15 AM	(Optional) Posture & Flexibility
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08:30 AM - 09:30 AM	Practice workshop
09:30 AM - 10:30 AM	Group practice
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01:30 PM - 02:30 PM	Group practice
02:30 PM - 03:30 PM	Weekenders' group discussion
02.30 f M - 03.30 f M	weekenaers group discussion
06:30 PM - 07:30 PM	Dharma talk
00.00	
07:30 PM	Karaṇīya Mettā Sutta/Close