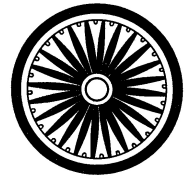




The Way of Mindfulness
Friday 21 October – Sunday 30 October 2022
Times in Australia/Brisbane time (AEST)



Friday 21 October

06:00 PM – 07:30 PM	Manager's talk & Teacher's introduction Group practice
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Saturday 22 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

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

01:30 PM – 02:30 PM	Group practice
02:30 PM – 03:30 PM	<i>Weekenders' group discussion</i>

06:30 PM – 07:30 PM	Dharma talk
07:30 PM	Karaṇīya Mettā Sutta/Close
