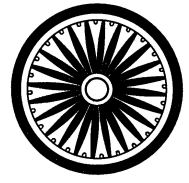




The Way of Mindfulness
Friday 21 October – Sunday 30 October 2022
Times in Australia/Darwin time (ACST)



Friday 21 October

05:30 PM – 07:00 PM	Manager's talk & Teacher's introduction Group practice
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Saturday 22 October

06:00 AM – 06:45 AM	(Optional) Posture & Flexibility
08:00 AM – 09:00 AM	Practice workshop
09:00 AM – 10:00 AM	Group practice
01:00 PM – 02:00 PM	Practice workshop
02:00 PM – 03:00 PM	Group practice
06:00 PM – 07:00 PM	Dharma talk
07:00 PM	Karaṇīya Mettā Sutta/Close

Sunday 23 October

06:00 AM – 06:45 AM	(Optional) Posture & Flexibility
08:00 AM – 09:00 AM	Practice workshop
09:00 AM – 10:00 AM	Group practice
01:00 PM – 02:00 PM	Group practice
02:00 PM – 03:00 PM	<i>Weekenders' group discussion</i>
06:00 PM – 07:00 PM	Dharma talk
07:00 PM	Karaṇīya Mettā Sutta/Close
