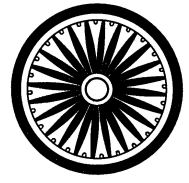




The Way of Mindfulness
Friday 21 October – Sunday 30 October 2022
Times in Australia/Sydney time (AEDT)



Friday 21 October

| | |
|---------------------|---|
| 07:00 PM – 08:30 PM | Manager's talk & Teacher's introduction Group practice |
|---------------------|---|

Saturday 22 October

| | |
|---------------------|----------------------------------|
| 07:30 AM – 08:15 AM | (Optional) Posture & Flexibility |
|---------------------|----------------------------------|

| | |
|---------------------|-------------------|
| 09:30 AM – 10:30 AM | Practice workshop |
| 10:30 AM – 11:30 AM | Group practice |

| | |
|---------------------|-------------------|
| 02:30 PM – 03:30 PM | Practice workshop |
| 03:30 PM – 04:30 PM | Group practice |

| | |
|---------------------|----------------------------|
| 07:30 PM – 08:30 PM | Dharma talk |
| 08:30 PM | Karaṇīya Mettā Sutta/Close |

Sunday 23 October

| | |
|---------------------|----------------------------------|
| 07:30 AM – 08:15 AM | (Optional) Posture & Flexibility |
|---------------------|----------------------------------|

| | |
|---------------------|-------------------|
| 09:30 AM – 10:30 AM | Practice workshop |
| 10:30 AM – 11:30 AM | Group practice |

| | |
|---------------------|-------------------------------------|
| 02:30 PM – 03:30 PM | Group practice |
| 03:30 PM – 04:30 PM | <i>Weekenders' group discussion</i> |

| | |
|---------------------|----------------------------|
| 07:30 PM – 08:30 PM | Dharma talk |
| 08:30 PM | Karaṇīya Mettā Sutta/Close |
