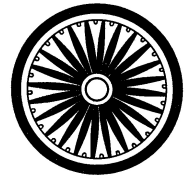




The Way of Mindfulness
Friday 21 October – Sunday 30 October 2022
Times in Pacific/Auckland time (NZDT)



Friday 21 October

09:00 PM – 10:30 PM	Manager's talk & Teacher's introduction Group practice
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Saturday 22 October

09:30 AM – 10:15 AM	(Optional) Posture & Flexibility
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11:30 AM – 12:30 PM	Practice workshop
12:30 PM – 01:30 PM	Group practice

04:30 PM – 05:30 PM	Practice workshop
05:30 PM – 06:30 PM	Group practice

09:30 PM – 10:30 PM	Dharma talk
10:30 PM	Karaṇīya Mettā Sutta/Close

Sunday 23 October

09:30 AM – 10:15 AM	(Optional) Posture & Flexibility
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11:30 AM – 12:30 PM	Practice workshop
12:30 PM – 01:30 PM	Group practice

04:30 PM – 05:30 PM	Group practice
05:30 PM – 06:30 PM	<i>Weekenders' group discussion</i>

09:30 PM – 10:30 PM	Dharma talk
10:30 PM	Karaṇīya Mettā Sutta/Close
