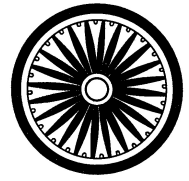




Mindfulness at Home
Friday 20 June – Sunday 29 June 2025
Times in Asia/Kuala Lumpur time (+08)



Friday 20 June

05:00 PM – 06:30 PM	Manager's talk & Teacher's introduction Group practice
---------------------	---

Saturday 21 June

07:30 AM – 08:30 AM	Practice workshop
08:30 AM – 09:30 AM	Group practice
12:30 PM – 01:30 PM	Practice workshop
01:30 PM – 02:30 PM	Group Practice
05:30 PM – 06:30 PM	Dharma Talk
06:30 PM	Karaṇīya Mettā Sutta/Close

Sunday 22 June

07:30 AM – 08:30 AM	Practice Workshop
08:30 AM – 09:30 AM	Group Practice
12:30 PM – 01:30 PM	Group Practice
01:30 PM – 02:30 PM	Weekenders' group discussion
05:30 PM – 06:30 PM	Dharma Talk
06:30 PM	Karaṇīya Mettā Sutta/Close

Monday 23 June – Saturday 28 June

07:30 AM – 08:30 AM	Practice Workshop
08:30 AM – 09:30 AM	Group Practice
09:00 AM – 11:00 AM	Interviews
12:00 PM – 02:00 PM	Interviews
12:30 PM – 01:30 PM	Group Practice
02:30 PM – 03:30 PM	Group Practice
05:30 PM – 06:30 PM	Dharma Talk
06:30 PM	Karaṇīya Mettā Sutta/Close

Sunday 29 June

07:30 AM – 08:30 AM	Practice Workshop
08:30 AM – 09:30 AM	Group Practice
09:30 AM – 10:30 AM	Closing circle
10:30 AM	End of retreat
