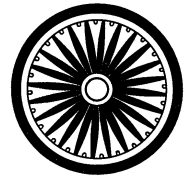




Mindfulness at Home
Friday 20 June – Sunday 29 June 2025
Times in Australia/Adelaide time (ACST)



Friday 20 June

06:30 PM – 08:00 PM	Manager's talk & Teacher's introduction Group practice
---------------------	---

Saturday 21 June

09:00 AM – 10:00 AM	Practice workshop
10:00 AM – 11:00 AM	Group practice
02:00 PM – 03:00 PM	Practice workshop
03:00 PM – 04:00 PM	Group Practice
07:00 PM – 08:00 PM	Dharma Talk
08:00 PM	Karaṇīya Mettā Sutta/Close

Sunday 22 June

09:00 AM – 10:00 AM	Practice Workshop
10:00 AM – 11:00 AM	Group Practice
02:00 PM – 03:00 PM	Group Practice
03:00 PM – 04:00 PM	Weekenders' group discussion
07:00 PM – 08:00 PM	Dharma Talk
08:00 PM	Karaṇīya Mettā Sutta/Close

Monday 23 June – Saturday 28 June

09:00 AM – 10:00 AM	Practice Workshop
10:00 AM – 11:00 AM	Group Practice
10:30 AM – 12:30 PM	Interviews
01:30 PM – 03:30 PM	Interviews
02:00 PM – 03:00 PM	Group Practice
04:00 PM – 05:00 PM	Group Practice
07:00 PM – 08:00 PM	Dharma Talk
08:00 PM	Karaṇīya Mettā Sutta/Close

Sunday 29 June

09:00 AM – 10:00 AM	Practice Workshop
10:00 AM – 11:00 AM	Group Practice
11:00 AM – 12:00 PM	Closing circle
12:00 PM	End of retreat
