



**Mindfulness at Home**  
Friday 20 June – Sunday 29 June 2025  
Times in Europe/Madrid time (CEST)



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### Friday 20 June

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11:00 AM – 12:30 PM	Manager's talk & Teacher's introduction Group practice
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### Saturday 21 June

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01:30 AM – 02:30 AM	Practice workshop
02:30 AM – 03:30 AM	Group practice
06:30 AM – 07:30 AM	Practice workshop
07:30 AM – 08:30 AM	Group Practice
11:30 AM – 12:30 PM	Dharma Talk
12:30 PM	Karaṇīya Mettā Sutta/Close

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### Sunday 22 June

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01:30 AM – 02:30 AM	Practice Workshop
02:30 AM – 03:30 AM	Group Practice
06:30 AM – 07:30 AM	Group Practice
07:30 AM – 08:30 AM	Weekenders' group discussion
11:30 AM – 12:30 PM	Dharma Talk
12:30 PM	Karaṇīya Mettā Sutta/Close

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### Monday 23 June – Saturday 28 June

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

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### Sunday 29 June

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01:30 AM – 02:30 AM	Practice Workshop
02:30 AM – 03:30 AM	Group Practice
03:30 AM – 04:30 AM	Closing circle
04:30 AM	End of retreat

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