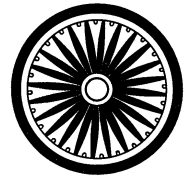




**Mindfulness at Home**  
Friday 20 June – Sunday 29 June 2025  
Times in Pacific/Auckland time (NZST)



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### Friday 20 June

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|                     |   |
|---------------------|---|
| 09:00 PM – 10:30 PM | Manager's talk & Teacher's introduction<br>Group practice |
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### Saturday 21 June

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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 |

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### Sunday 22 June

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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 | Weekenders' group discussion |
| 09:30 PM – 10:30 PM | Dharma Talk                  |
| 10:30 PM            | Karaṇīya Mettā Sutta/Close   |

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### Monday 23 June – Saturday 28 June

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|                     |                            |
|---------------------|----------------------------|
| 11:30 AM – 12:30 PM | Practice Workshop          |
| 12:30 PM – 01:30 PM | Group Practice             |
| 01:00 PM – 03:00 PM | Interviews                 |
| 04:00 PM – 06:00 PM | Interviews                 |
| 04:30 PM – 05:30 PM | Group Practice             |
| 06:30 PM – 07:30 PM | Group Practice             |
| 09:30 PM – 10:30 PM | Dharma Talk                |
| 10:30 PM            | Karaṇīya Mettā Sutta/Close |

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### Sunday 29 June

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|                     |                   |
|---------------------|-------------------|
| 11:30 AM – 12:30 PM | Practice Workshop |
| 12:30 PM – 01:30 PM | Group Practice    |
| 01:30 PM – 02:30 PM | Closing circle    |
| 02:30 PM            | End of retreat    |

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