



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

---