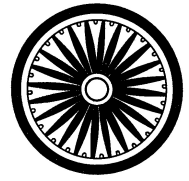




Mindfulness at Home  
Friday 20 June – Sunday 29 June 2025  
Times in Australia/Darwin time (ACST)



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**Friday 20 June**

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06:30 PM – 08:00 PM	Manager's talk & Teacher's introduction Group practice
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**Saturday 21 June**

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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

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**Sunday 22 June**

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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

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