



The Way of Direct Experience  
Friday 06 March – Sunday 15 March 2026  
Times in America/Los Angeles time (PST)



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### Friday 06 March

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12:00 AM – 01:30 AM	Manager's talk & Teacher's introduction Group practice
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### Saturday 07 March

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02:30 PM – 03:30 PM	Practice workshop
03:30 PM – 04:30 PM	Group practice
07:30 PM – 08:30 PM	Practice workshop
08:30 PM – 09:30 PM	Group Practice
12:30 AM – 01:30 AM	Dharma Talk
01:30 AM	Karaṇīya Mettā Sutta/Close

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### Sunday 08 March

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02:30 PM – 03:30 PM	Practice Workshop
03:30 PM – 04:30 PM	Group Practice
07:30 PM – 08:30 PM	Group Practice
08:30 PM – 09:30 PM	Weekenders' group discussion
12:30 AM – 01:30 AM	Dharma Talk
01:30 AM	Karaṇīya Mettā Sutta/Close

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### Monday 09 March – Saturday 14 March

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

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### Sunday 15 March

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02:30 PM – 03:30 PM	Practice Workshop
03:30 PM – 04:30 PM	Group Practice
04:30 PM – 06:30 PM	Closing circle
06:30 PM	End of retreat

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