



The Way of Direct Experience
Friday 06 March – Sunday 15 March 2026
Times in America/New York time (EST)



Friday 06 March

03:00 AM – 04:30 AM	Manager's talk & Teacher's introduction Group practice
---------------------	---

Saturday 07 March

05:30 PM – 06:30 PM	Practice workshop
06:30 PM – 07:30 PM	Group practice
10:30 PM – 11:30 PM	Practice workshop
11:30 PM – 12:30 AM	Group Practice
03:30 AM – 04:30 AM	Dharma Talk
04:30 AM	Karaṇīya Mettā Sutta/Close

Sunday 08 March

05:30 PM – 06:30 PM	Practice Workshop
06:30 PM – 07:30 PM	Group Practice
10:30 PM – 11:30 PM	Group Practice
11:30 PM – 12:30 AM	Weekenders' group discussion
03:30 AM – 04:30 AM	Dharma Talk
04:30 AM	Karaṇīya Mettā Sutta/Close

Monday 09 March – Saturday 14 March

05:30 PM – 06:30 PM	Practice Workshop
06:30 PM – 07:30 PM	Group Practice
08:00 PM – 10:00 PM	Interviews
11:00 PM – 12:00 AM	Interviews
10:30 PM – 11:30 PM	Group Practice
12:30 AM – 02:30 AM	Group Practice
03:30 AM – 04:30 AM	Dharma Talk
04:30 AM	Karaṇīya Mettā Sutta/Close

Sunday 15 March

05:30 PM – 06:30 PM	Practice Workshop
06:30 PM – 07:30 PM	Group Practice
07:30 PM – 09:30 PM	Closing circle
09:30 PM	End of retreat
