



The Way of Direct Experience  
Friday 06 March – Sunday 15 March 2026  
Times in Asia/Kuala Lumpur time (+08)



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### Friday 06 March

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04:00 PM – 05:30 PM	Manager's talk & Teacher's introduction Group practice
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### Saturday 07 March

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06:30 AM – 07:30 AM	Practice workshop
07:30 AM – 08:30 AM	Group practice
11:30 AM – 12:30 PM	Practice workshop
12:30 PM – 01:30 PM	Group Practice
04:30 PM – 05:30 PM	Dharma Talk
05:30 PM	Karaṇīya Mettā Sutta/Close

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### Sunday 08 March

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06:30 AM – 07:30 AM	Practice Workshop
07:30 AM – 08:30 AM	Group Practice
11:30 AM – 12:30 PM	Group Practice
12:30 PM – 01:30 PM	Weekenders' group discussion
04:30 PM – 05:30 PM	Dharma Talk
05:30 PM	Karaṇīya Mettā Sutta/Close

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### Monday 09 March – Saturday 14 March

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06:30 AM – 07:30 AM	Practice Workshop
07:30 AM – 08:30 AM	Group Practice
08:00 AM – 10:00 AM	Interviews
11:00 AM – 01:00 PM	Interviews
11:30 AM – 12:30 PM	Group Practice
01:30 PM – 02:30 PM	Group Practice
04:30 PM – 05:30 PM	Dharma Talk
05:30 PM	Karaṇīya Mettā Sutta/Close

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### Sunday 15 March

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06:30 AM – 07:30 AM	Practice Workshop
07:30 AM – 08:30 AM	Group Practice
08:30 AM – 09:30 AM	Closing circle
09:30 AM	End of retreat

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