



The Way of Direct Experience  
Friday 06 March – Sunday 15 March 2026  
Times in Australia/Darwin time (ACST)



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### Friday 06 March

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

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08:00 AM – 09:00 AM	Practice workshop
09:00 AM – 10:00 AM	Group practice
01:00 PM – 02:00 PM	Practice workshop
02:00 PM – 03:00 PM	Group Practice
06:00 PM – 07:00 PM	Dharma Talk
07:00 PM	Karaṇīya Mettā Sutta/Close

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### Sunday 08 March

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08:00 AM – 09:00 AM	Practice Workshop
09:00 AM – 10:00 AM	Group Practice
01:00 PM – 02:00 PM	Group Practice
02:00 PM – 03:00 PM	Weekenders' group discussion
06:00 PM – 07:00 PM	Dharma Talk
07:00 PM	Karaṇīya Mettā Sutta/Close

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### Monday 09 March – Saturday 14 March

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08:00 AM – 09:00 AM	Practice Workshop
09:00 AM – 10:00 AM	Group Practice
09:30 AM – 11:30 AM	Interviews
12:30 PM – 02:30 PM	Interviews
01:00 PM – 02:00 PM	Group Practice
03:00 PM – 04:00 PM	Group Practice
06:00 PM – 07:00 PM	Dharma Talk
07:00 PM	Karaṇīya Mettā Sutta/Close

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### Sunday 15 March

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08:00 AM – 09:00 AM	Practice Workshop
09:00 AM – 10:00 AM	Group Practice
10:00 AM – 11:00 AM	Closing circle
11:00 AM	End of retreat

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