



The Way of Direct Experience  
Friday 06 March – Sunday 15 March 2026  
Times in Europe/Madrid time (CET)



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### Friday 06 March

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09:00 AM – 10:30 AM	Manager's talk & Teacher's introduction Group practice
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### Saturday 07 March

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11:30 PM – 12:30 AM	Practice workshop
12:30 AM – 01:30 AM	Group practice
04:30 AM – 05:30 AM	Practice workshop
05:30 AM – 06:30 AM	Group Practice
09:30 AM – 10:30 AM	Dharma Talk
10:30 AM	Karaṇīya Mettā Sutta/Close

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### Sunday 08 March

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11:30 PM – 12:30 AM	Practice Workshop
12:30 AM – 01:30 AM	Group Practice
04:30 AM – 05:30 AM	Group Practice
05:30 AM – 06:30 AM	Weekenders' group discussion
09:30 AM – 10:30 AM	Dharma Talk
10:30 AM	Karaṇīya Mettā Sutta/Close

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### Monday 09 March – Saturday 14 March

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11:30 PM – 12:30 AM	Practice Workshop
12:30 AM – 01:30 AM	Group Practice
01:00 AM – 03:00 AM	Interviews
04:00 AM – 06:00 AM	Interviews
04:30 AM – 05:30 AM	Group Practice
06:30 AM – 07:30 AM	Group Practice
09:30 AM – 10:30 AM	Dharma Talk
10:30 AM	Karaṇīya Mettā Sutta/Close

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### Sunday 15 March

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11:30 PM – 12:30 AM	Practice Workshop
12:30 AM – 01:30 AM	Group Practice
01:30 AM – 02:30 AM	Closing circle
02:30 AM	End of retreat

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