



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



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### Friday 06 March

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03:00 AM – 04:30 AM	Manager's talk & Teacher's introduction Group practice
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### Saturday 07 March

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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

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### Sunday 08 March

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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

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