



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



Friday 06 March

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

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

Sunday 08 March

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
