



Remembering The Present
Friday 10 May – Sunday 19 May 2024
Times in Asia/Bangkok time (+07)



Friday 10 May

04:00 PM – 05:30 PM	Manager's talk & Teacher's introduction Group practice
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Saturday 11 May

04:30 AM – 05:15 AM	(Optional) Posture & Flexibility
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

Sunday 12 May

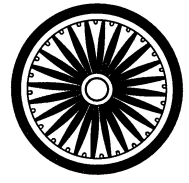
04:30 AM – 05:15 AM	(Optional) Posture & Flexibility
06:30 AM – 07:30 AM	Practice Workshop
07:30 AM – 08:30 AM	Group Practice
11:30 AM – 12:30 PM	Group Practice
12:30 PM – 01:30 PM	Weekenders' group discussion
04:30 PM – 05:30 PM	Dharma Talk
05:30 PM	Karaṇīya Mettā Sutta/Close

Monday 13 May – Saturday 18 May

04:30 AM – 05:15 AM	(Optional) Posture & Flexibility
06:30 AM – 07:30 AM	Practice Workshop
07:30 AM – 08:30 AM	Group Practice
08:30 AM – 09:45 AM	Interviews
11:30 AM – 12:30 PM	Group Practice
12:00 PM – 02:45 PM	Interviews
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 19 May

04:30 AM – 05:15 AM	(Optional) Posture & Flexibility
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
