



Remembering The Present  
Friday 10 May – Sunday 19 May 2024  
Times in Asia/Singapore time (+08)



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## Friday 10 May

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05:00 PM – 06:30 PM	Manager's talk & Teacher's introduction Group practice
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## Saturday 11 May

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05:30 AM – 06:15 AM	(Optional) Posture & Flexibility
07:30 AM – 08:30 AM	Practice workshop
08:30 AM – 09:30 AM	Group practice
12:30 PM – 01:30 PM	Practice workshop
01:30 PM – 02:30 PM	Group Practice
05:30 PM – 06:30 PM	Dharma Talk
06:30 PM	Karaṇīya Mettā Sutta/Close

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## Sunday 12 May

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05:30 AM – 06:15 AM	(Optional) Posture & Flexibility
07:30 AM – 08:30 AM	Practice Workshop
08:30 AM – 09:30 AM	Group Practice
12:30 PM – 01:30 PM	Group Practice
01:30 PM – 02:30 PM	Weekenders' group discussion
05:30 PM – 06:30 PM	Dharma Talk
06:30 PM	Karaṇīya Mettā Sutta/Close

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## Monday 13 May – Saturday 18 May

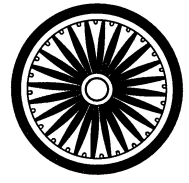
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05:30 AM – 06:15 AM	(Optional) Posture & Flexibility
07:30 AM – 08:30 AM	Practice Workshop
08:30 AM – 09:30 AM	Group Practice
09:30 AM – 10:45 AM	Interviews
12:30 PM – 01:30 PM	Group Practice
01:00 PM – 03:45 PM	Interviews
02:30 PM – 03:30 PM	Group Practice
05:30 PM – 06:30 PM	Dharma Talk
06:30 PM	Karaṇīya Mettā Sutta/Close

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**Sunday 19 May**

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05:30 AM – 06:15 AM	(Optional) Posture & Flexibility
07:30 AM – 08:30 AM	Practice Workshop
08:30 AM – 09:30 AM	Group Practice
09:30 AM – 10:30 AM	Closing circle
10:30 AM	End of retreat

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