



Remembering The Present  
Friday 10 May – Sunday 19 May 2024  
Times in Australia/Adelaide time (ACST)



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## Friday 10 May

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06:30 PM – 08:00 PM	Manager's talk & Teacher's introduction Group practice
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## Saturday 11 May

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07:00 AM – 07:45 AM	(Optional) Posture & Flexibility
09:00 AM – 10:00 AM	Practice workshop
10:00 AM – 11:00 AM	Group practice
02:00 PM – 03:00 PM	Practice workshop
03:00 PM – 04:00 PM	Group Practice
07:00 PM – 08:00 PM	Dharma Talk
08:00 PM	Karaṇīya Mettā Sutta/Close

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## Sunday 12 May

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07:00 AM – 07:45 AM	(Optional) Posture & Flexibility
09:00 AM – 10:00 AM	Practice Workshop
10:00 AM – 11:00 AM	Group Practice
02:00 PM – 03:00 PM	Group Practice
03:00 PM – 04:00 PM	Weekenders' group discussion
07:00 PM – 08:00 PM	Dharma Talk
08:00 PM	Karaṇīya Mettā Sutta/Close

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## Monday 13 May – Saturday 18 May

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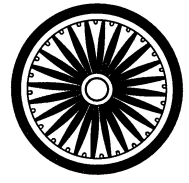
07:00 AM – 07:45 AM	(Optional) Posture & Flexibility
09:00 AM – 10:00 AM	Practice Workshop
10:00 AM – 11:00 AM	Group Practice
11:00 AM – 12:15 PM	Interviews
02:00 PM – 03:00 PM	Group Practice
02:30 PM – 05:15 PM	Interviews
04:00 PM – 05:00 PM	Group Practice
07:00 PM – 08:00 PM	Dharma Talk
08:00 PM	Karaṇīya Mettā Sutta/Close

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**Sunday 19 May**

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07:00 AM – 07:45 AM	(Optional) Posture & Flexibility
09:00 AM – 10:00 AM	Practice Workshop
10:00 AM – 11:00 AM	Group Practice
11:00 AM – 12:00 PM	Closing circle
12:00 PM	End of retreat

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