



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



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## Friday 10 May

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07:00 PM – 08:30 PM	Manager's talk & Teacher's introduction Group practice
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## Saturday 11 May

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07:30 AM – 08:15 AM	(Optional) Posture & Flexibility
09:30 AM – 10:30 AM	Practice workshop
10:30 AM – 11:30 AM	Group practice
02:30 PM – 03:30 PM	Practice workshop
03:30 PM – 04:30 PM	Group Practice
07:30 PM – 08:30 PM	Dharma Talk
08:30 PM	Karaṇīya Mettā Sutta/Close

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## Sunday 12 May

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07:30 AM – 08:15 AM	(Optional) Posture & Flexibility
09:30 AM – 10:30 AM	Practice Workshop
10:30 AM – 11:30 AM	Group Practice
02:30 PM – 03:30 PM	Group Practice
03:30 PM – 04:30 PM	Weekenders' group discussion
07:30 PM – 08:30 PM	Dharma Talk
08:30 PM	Karaṇīya Mettā Sutta/Close

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## Monday 13 May – Saturday 18 May

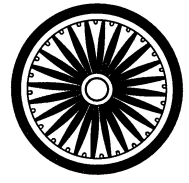
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07:30 AM – 08:15 AM	(Optional) Posture & Flexibility
09:30 AM – 10:30 AM	Practice Workshop
10:30 AM – 11:30 AM	Group Practice
11:30 AM – 12:45 PM	Interviews
02:30 PM – 03:30 PM	Group Practice
03:00 PM – 05:45 PM	Interviews
04:30 PM – 05:30 PM	Group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

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**Sunday 19 May**

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07:30 AM – 08:15 AM	(Optional) Posture & Flexibility
09:30 AM – 10:30 AM	Practice Workshop
10:30 AM – 11:30 AM	Group Practice
11:30 AM – 12:30 PM	Closing circle
12:30 PM	End of retreat

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