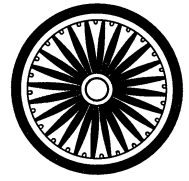




Mindfulness at Home
Friday 08 May – Sunday 17 May 2026
Times in Asia/Kuala Lumpur time (+08)



Friday 08 May

05:00 PM – 06:30 PM	Manager's talk & Teacher's introduction Group practice
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Saturday 09 May

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

Sunday 10 May

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

Monday 11 May – Saturday 16 May

07:30 AM – 08:30 AM	Practice Workshop
08:30 AM – 09:30 AM	Group Practice
09:00 AM – 11:00 AM	Interviews
12:00 PM – 02:00 PM	Interviews
12:30 PM – 01:30 PM	Group Practice
02:30 PM – 03:30 PM	Group Practice
05:30 PM – 06:30 PM	Dharma Talk
06:30 PM	Karaṇīya Mettā Sutta/Close

Sunday 17 May

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
