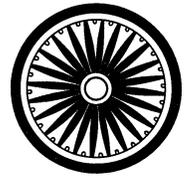




Mindfulness at Home  
Friday 08 May – Sunday 17 May 2026  
Times in Australia/Sydney time (AEST)



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### Friday 08 May

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07:00 PM – 08:30 PM	Manager's talk & Teacher's introduction Group practice
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### Saturday 09 May

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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 10 May

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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 11 May – Saturday 16 May

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09:30 AM – 10:30 AM	Practice Workshop
10:30 AM – 11:30 AM	Group Practice
11:00 AM – 01:00 PM	Interviews
02:00 PM – 04:00 PM	Interviews
02:30 PM – 03:30 PM	Group Practice
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 17 May

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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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