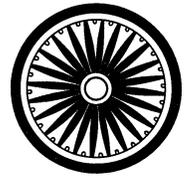




Mindfulness at Home
Friday 08 May – Sunday 17 May 2026
Times in Pacific/Auckland time (NZST)



Friday 08 May

09:00 PM – 10:30 PM	Manager's talk & Teacher's introduction Group practice
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Saturday 09 May

11:30 AM – 12:30 PM	Practice workshop
12:30 PM – 01:30 PM	Group practice
04:30 PM – 05:30 PM	Practice workshop
05:30 PM – 06:30 PM	Group Practice
09:30 PM – 10:30 PM	Dharma Talk
10:30 PM	Karaṇīya Mettā Sutta/Close

Sunday 10 May

11:30 AM – 12:30 PM	Practice Workshop
12:30 PM – 01:30 PM	Group Practice
04:30 PM – 05:30 PM	Group Practice
05:30 PM – 06:30 PM	Weekenders' group discussion
09:30 PM – 10:30 PM	Dharma Talk
10:30 PM	Karaṇīya Mettā Sutta/Close

Monday 11 May – Saturday 16 May

11:30 AM – 12:30 PM	Practice Workshop
12:30 PM – 01:30 PM	Group Practice
01:00 PM – 03:00 PM	Interviews
04:00 PM – 06:00 PM	Interviews
04:30 PM – 05:30 PM	Group Practice
06:30 PM – 07:30 PM	Group Practice
09:30 PM – 10:30 PM	Dharma Talk
10:30 PM	Karaṇīya Mettā Sutta/Close

Sunday 17 May

11:30 AM – 12:30 PM	Practice Workshop
12:30 PM – 01:30 PM	Group Practice
01:30 PM – 02:30 PM	Closing circle
02:30 PM	End of retreat
