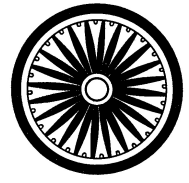




The Way of Insight
Friday 06 October – Sunday 15 October 2023
Times in Asia/Bangkok time (+07)



Friday 06 October

| | |
|---------------------|---|
| 03:00 PM – 04:30 PM | Manager's talk & Teacher's introduction Group practice |
|---------------------|---|

Saturday 07 October

| | |
|---------------------|----------------------------------|
| 03:30 AM – 04:15 AM | (Optional) Posture & Flexibility |
| 05:30 AM – 06:30 AM | Practice workshop |
| 06:30 AM – 07:30 AM | Group practice |
| 10:30 AM – 11:30 AM | Practice workshop |
| 11:30 AM – 12:30 PM | Group Practice |
| 03:30 PM – 04:30 PM | Dharma Talk |
| 04:30 PM | Karaṇīya Mettā Sutta/Close |

Sunday 08 October

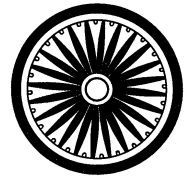
| | |
|---------------------|----------------------------------|
| 03:30 AM – 04:15 AM | (Optional) Posture & Flexibility |
| 05:30 AM – 06:30 AM | Practice Workshop |
| 06:30 AM – 07:30 AM | Group Practice |
| 10:30 AM – 11:30 AM | Group Practice |
| 11:30 AM – 12:30 PM | Weekenders' group discussion |
| 03:30 PM – 04:30 PM | Dharma Talk |
| 04:30 PM | Karaṇīya Mettā Sutta/Close |

Monday 09 October – Saturday 14 October

| | |
|---------------------|----------------------------------|
| 03:30 AM – 04:15 AM | (Optional) Posture & Flexibility |
| 05:30 AM – 06:30 AM | Practice Workshop |
| 06:30 AM – 07:30 AM | Group Practice |
| 07:30 AM – 08:45 AM | Interviews |
| 10:30 AM – 11:30 AM | Group Practice |
| 11:00 AM – 01:45 PM | Interviews |
| 12:30 PM – 01:30 PM | Group Practice |
| 03:30 PM – 04:30 PM | Dharma Talk |
| 04:30 PM | Karaṇīya Mettā Sutta/Close |



The Way of Insight
Friday 06 October – Sunday 15 October 2023
Times in Asia/Bangkok time (+07)



Sunday 15 October

| | |
|---------------------|----------------------------------|
| 03:30 AM – 04:15 AM | (Optional) Posture & Flexibility |
| 05:30 AM – 06:30 AM | Practice Workshop |
| 06:30 AM – 07:30 AM | Group Practice |
| 07:30 AM – 08:30 AM | Closing circle |
| 08:30 AM | End of retreat |
