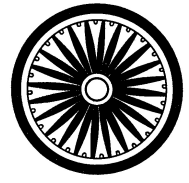




The Way of Insight
Friday 06 October – Sunday 15 October 2023
Times in Australia/Brisbane time (AEST)



Friday 06 October

06:00 PM – 07:30 PM	Manager's talk & Teacher's introduction Group practice
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Saturday 07 October

06:30 AM – 07:15 AM	(Optional) Posture & Flexibility
08:30 AM – 09:30 AM	Practice workshop
09:30 AM – 10:30 AM	Group practice
01:30 PM – 02:30 PM	Practice workshop
02:30 PM – 03:30 PM	Group Practice
06:30 PM – 07:30 PM	Dharma Talk
07:30 PM	Karaṇīya Mettā Sutta/Close

Sunday 08 October

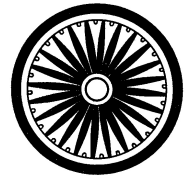
06:30 AM – 07:15 AM	(Optional) Posture & Flexibility
08:30 AM – 09:30 AM	Practice Workshop
09:30 AM – 10:30 AM	Group Practice
01:30 PM – 02:30 PM	Group Practice
02:30 PM – 03:30 PM	Weekenders' group discussion
06:30 PM – 07:30 PM	Dharma Talk
07:30 PM	Karaṇīya Mettā Sutta/Close

Monday 09 October – Saturday 14 October

06:30 AM – 07:15 AM	(Optional) Posture & Flexibility
08:30 AM – 09:30 AM	Practice Workshop
09:30 AM – 10:30 AM	Group Practice
10:30 AM – 11:45 AM	Interviews
01:30 PM – 02:30 PM	Group Practice
02:00 PM – 04:45 PM	Interviews
03:30 PM – 04:30 PM	Group Practice
06:30 PM – 07:30 PM	Dharma Talk
07:30 PM	Karaṇīya Mettā Sutta/Close



The Way of Insight
Friday 06 October – Sunday 15 October 2023
Times in Australia/Brisbane time (AEST)



Sunday 15 October

06:30 AM – 07:15 AM	(Optional) Posture & Flexibility
08:30 AM – 09:30 AM	Practice Workshop
09:30 AM – 10:30 AM	Group Practice
10:30 AM – 11:30 AM	Closing circle
11:30 AM	End of retreat
