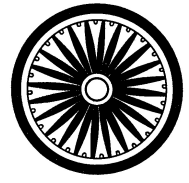




The Way of Insight
Friday 06 October – Sunday 15 October 2023
Times in Australia/Darwin time (ACST)



Friday 06 October

05:30 PM – 07:00 PM	Manager's talk & Teacher's introduction Group practice
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Saturday 07 October

06:00 AM – 06:45 AM	(Optional) Posture & Flexibility
08:00 AM – 09:00 AM	Practice workshop
09:00 AM – 10:00 AM	Group practice
01:00 PM – 02:00 PM	Practice workshop
02:00 PM – 03:00 PM	Group Practice
06:00 PM – 07:00 PM	Dharma Talk
07:00 PM	Karaṇīya Mettā Sutta/Close

Sunday 08 October

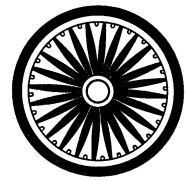
06:00 AM – 06:45 AM	(Optional) Posture & Flexibility
08:00 AM – 09:00 AM	Practice Workshop
09:00 AM – 10:00 AM	Group Practice
01:00 PM – 02:00 PM	Group Practice
02:00 PM – 03:00 PM	Weekenders' group discussion
06:00 PM – 07:00 PM	Dharma Talk
07:00 PM	Karaṇīya Mettā Sutta/Close

Monday 09 October – Saturday 14 October

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



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



Sunday 15 October

06:00 AM – 06:45 AM	(Optional) Posture & Flexibility
08:00 AM – 09:00 AM	Practice Workshop
09:00 AM – 10:00 AM	Group Practice
10:00 AM – 11:00 AM	Closing circle
11:00 AM	End of retreat
