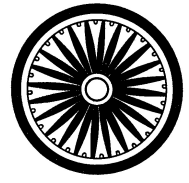




The Way of Insight  
Friday 06 October – Sunday 15 October 2023  
Times in Asia/Singapore time (+08)



---

## Friday 06 October

---

04:00 PM – 05:30 PM	Manager's talk & Teacher's introduction Group practice
---------------------	---

---

## Saturday 07 October

---

04:30 AM – 05:15 AM	(Optional) Posture & Flexibility
06:30 AM – 07:30 AM	Practice workshop
07:30 AM – 08:30 AM	Group practice
11:30 AM – 12:30 PM	Practice workshop
12:30 PM – 01:30 PM	Group Practice
04:30 PM – 05:30 PM	Dharma Talk
05:30 PM	Karaṇīya Mettā Sutta/Close

---

## Sunday 08 October

---

04:30 AM – 05:15 AM	(Optional) Posture & Flexibility
06:30 AM – 07:30 AM	Practice Workshop
07:30 AM – 08:30 AM	Group Practice
11:30 AM – 12:30 PM	Group Practice
12:30 PM – 01:30 PM	Weekenders' group discussion
04:30 PM – 05:30 PM	Dharma Talk
05:30 PM	Karaṇīya Mettā Sutta/Close

---

## Monday 09 October – Saturday 14 October

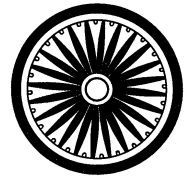
---

04:30 AM – 05:15 AM	(Optional) Posture & Flexibility
06:30 AM – 07:30 AM	Practice Workshop
07:30 AM – 08:30 AM	Group Practice
08:30 AM – 09:45 AM	Interviews
11:30 AM – 12:30 PM	Group Practice
12:00 PM – 02:45 PM	Interviews
01:30 PM – 02:30 PM	Group Practice
04:30 PM – 05:30 PM	Dharma Talk
05:30 PM	Karaṇīya Mettā Sutta/Close

---



The Way of Insight  
Friday 06 October – Sunday 15 October 2023  
Times in Asia/Singapore time (+08)



---

**Sunday 15 October**

---

04:30 AM – 05:15 AM	(Optional) Posture & Flexibility
06:30 AM – 07:30 AM	Practice Workshop
07:30 AM – 08:30 AM	Group Practice
08:30 AM – 09:30 AM	Closing circle
09:30 AM	End of retreat

---