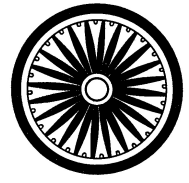




The Way of Insight
Friday 06 October – Sunday 15 October 2023
Times in Australia/Adelaide time (ACDT)



Friday 06 October

06:30 PM – 08:00 PM	Manager's talk & Teacher's introduction Group practice
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Saturday 07 October

07:00 AM – 07:45 AM	(Optional) Posture & Flexibility
09:00 AM – 10:00 AM	Practice workshop
10:00 AM – 11:00 AM	Group practice
02:00 PM – 03:00 PM	Practice workshop
03:00 PM – 04:00 PM	Group Practice
07:00 PM – 08:00 PM	Dharma Talk
08:00 PM	Karaṇīya Mettā Sutta/Close

Sunday 08 October

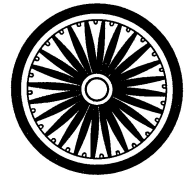
07:00 AM – 07:45 AM	(Optional) Posture & Flexibility
09:00 AM – 10:00 AM	Practice Workshop
10:00 AM – 11:00 AM	Group Practice
02:00 PM – 03:00 PM	Group Practice
03:00 PM – 04:00 PM	Weekenders' group discussion
07:00 PM – 08:00 PM	Dharma Talk
08:00 PM	Karaṇīya Mettā Sutta/Close

Monday 09 October – Saturday 14 October

07:00 AM – 07:45 AM	(Optional) Posture & Flexibility
09:00 AM – 10:00 AM	Practice Workshop
10:00 AM – 11:00 AM	Group Practice
11:00 AM – 12:15 PM	Interviews
02:00 PM – 03:00 PM	Group Practice
02:30 PM – 05:15 PM	Interviews
04:00 PM – 05:00 PM	Group Practice
07:00 PM – 08:00 PM	Dharma Talk
08:00 PM	Karaṇīya Mettā Sutta/Close



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



Sunday 15 October

07:00 AM – 07:45 AM	(Optional) Posture & Flexibility
09:00 AM – 10:00 AM	Practice Workshop
10:00 AM – 11:00 AM	Group Practice
11:00 AM – 12:00 PM	Closing circle
12:00 PM	End of retreat
