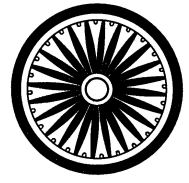




The Way of Insight
Friday 06 October – Sunday 15 October 2023
Times in Australia/Sydney time (AEDT)



Friday 06 October

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

07:30 AM – 08:15 AM	(Optional) Posture & Flexibility
09:30 AM – 10:30 AM	Practice workshop
10:30 AM – 11:30 AM	Group practice
02:30 PM – 03:30 PM	Practice workshop
03:30 PM – 04:30 PM	Group Practice
07:30 PM – 08:30 PM	Dharma Talk
08:30 PM	Karaṇīya Mettā Sutta/Close

Sunday 08 October

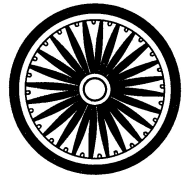
07:30 AM – 08:15 AM	(Optional) Posture & Flexibility
09:30 AM – 10:30 AM	Practice Workshop
10:30 AM – 11:30 AM	Group Practice
02:30 PM – 03:30 PM	Group Practice
03:30 PM – 04:30 PM	Weekenders' group discussion
07:30 PM – 08:30 PM	Dharma Talk
08:30 PM	Karaṇīya Mettā Sutta/Close

Monday 09 October – Saturday 14 October

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



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



Sunday 15 October

07:30 AM – 08:15 AM	(Optional) Posture & Flexibility
09:30 AM – 10:30 AM	Practice Workshop
10:30 AM – 11:30 AM	Group Practice
11:30 AM – 12:30 PM	Closing circle
12:30 PM	End of retreat
