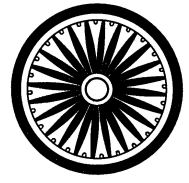




The Way of Insight
Friday 06 October – Sunday 15 October 2023
Times in Pacific/Auckland time (NZDT)



Friday 06 October

09:00 PM – 10:30 PM	Manager's talk & Teacher's introduction Group practice
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Saturday 07 October

09:30 AM – 10:15 AM	(Optional) Posture & Flexibility
11:30 AM – 12:30 PM	Practice workshop
12:30 PM – 01:30 PM	Group practice
04:30 PM – 05:30 PM	Practice workshop
05:30 PM – 06:30 PM	Group Practice
09:30 PM – 10:30 PM	Dharma Talk
10:30 PM	Karaṇīya Mettā Sutta/Close

Sunday 08 October

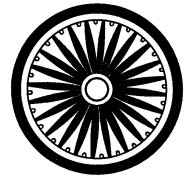
09:30 AM – 10:15 AM	(Optional) Posture & Flexibility
11:30 AM – 12:30 PM	Practice Workshop
12:30 PM – 01:30 PM	Group Practice
04:30 PM – 05:30 PM	Group Practice
05:30 PM – 06:30 PM	Weekenders' group discussion
09:30 PM – 10:30 PM	Dharma Talk
10:30 PM	Karaṇīya Mettā Sutta/Close

Monday 09 October – Saturday 14 October

09:30 AM – 10:15 AM	(Optional) Posture & Flexibility
11:30 AM – 12:30 PM	Practice Workshop
12:30 PM – 01:30 PM	Group Practice
01:30 PM – 02:45 PM	Interviews
04:30 PM – 05:30 PM	Group Practice
05:00 PM – 07:45 PM	Interviews
06:30 PM – 07:30 PM	Group Practice
09:30 PM – 10:30 PM	Dharma Talk
10:30 PM	Karaṇīya Mettā Sutta/Close



The Way of Insight
Friday 06 October – Sunday 15 October 2023
Times in Pacific/Auckland time (NZDT)



Sunday 15 October

09:30 AM – 10:15 AM	(Optional) Posture & Flexibility
11:30 AM – 12:30 PM	Practice Workshop
12:30 PM – 01:30 PM	Group Practice
01:30 PM – 02:30 PM	Closing circle
02:30 PM	End of retreat
