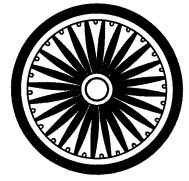




The Way of Insight  
Friday 06 October – Sunday 15 October 2023  
Times in Asia/Bangkok time (+07)



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### Friday 06 October

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03:00 PM – 04:30 PM	Manager's talk & Teacher's introduction Group practice
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### Saturday 07 October

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03:30 AM – 04:15 AM	(Optional) Posture & Flexibility
05:30 AM – 06:30 AM	Practice workshop
06:30 AM – 07:30 AM	Group practice
10:30 AM – 11:30 AM	Practice workshop
11:30 AM – 12:30 PM	Group Practice
03:30 PM – 04:30 PM	Dharma Talk
04:30 PM	Karaṇīya Mettā Sutta/Close

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### Sunday 08 October

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03:30 AM – 04:15 AM	(Optional) Posture & Flexibility
05:30 AM – 06:30 AM	Practice Workshop
06:30 AM – 07:30 AM	Group Practice
10:30 AM – 11:30 AM	Group Practice
11:30 AM – 12:30 PM	Weekenders' group discussion
03:30 PM – 04:30 PM	Dharma Talk
04:30 PM	Karaṇīya Mettā Sutta/Close

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