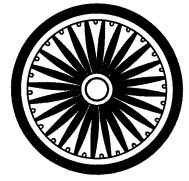




**The Way of Insight**  
Friday 06 October – Sunday 15 October 2023  
Times in Australia/Perth time (AWST)



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### Friday 06 October

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04:00 PM – 05:30 PM	Manager's talk & Teacher's introduction Group practice
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### Saturday 07 October

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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

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### Sunday 08 October

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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

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