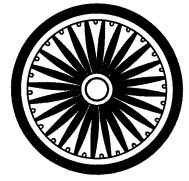




**The Way of Insight**  
Friday 06 October – Sunday 15 October 2023  
Times in Pacific/Auckland time (NZDT)



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### Friday 06 October

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

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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

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### Sunday 08 October

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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

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