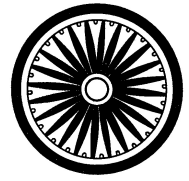




The Way of Natural Awareness  
Friday 11 October – Sunday 20 October 2024  
Times in America/Los Angeles time (PDT)



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### Friday 11 October

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01:00 AM – 02:30 AM	Manager's talk & Teacher's introduction
	Group practice

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### Saturday 12 October

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03:30 PM – 04:30 PM	Practice workshop
04:30 PM – 05:30 PM	Group practice
08:30 PM – 09:30 PM	Practice workshop
09:30 PM – 10:30 PM	Group Practice
01:30 AM – 02:30 AM	Dharma Talk
02:30 AM	Karaṇīya Mettā Sutta/Close

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### Sunday 13 October

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03:30 PM – 04:30 PM	Practice Workshop
04:30 PM – 05:30 PM	Group Practice
08:30 PM – 09:30 PM	Group Practice
09:30 PM – 10:30 PM	Weekenders' group discussion
01:30 AM – 02:30 AM	Dharma Talk
02:30 AM	Karaṇīya Mettā Sutta/Close

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### Monday 14 October – Saturday 19 October

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03:30 PM – 04:30 PM	Practice Workshop
04:30 PM – 05:30 PM	Group Practice
05:00 PM – 07:00 PM	Interviews
08:00 PM – 10:00 PM	Interviews
08:30 PM – 09:30 PM	Group Practice
10:30 PM – 11:30 PM	Group Practice
01:30 AM – 02:30 AM	Dharma Talk
02:30 AM	Karaṇīya Mettā Sutta/Close

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### Sunday 20 October

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03:30 PM – 04:30 PM	Practice Workshop
04:30 PM – 05:30 PM	Group Practice
05:30 PM – 06:30 PM	Closing circle
06:30 PM	End of retreat

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