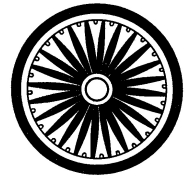




The Way of Natural Awareness
Friday 11 October – Sunday 20 October 2024
Times in America/New York time (EDT)



Friday 11 October

04:00 AM – 05:30 AM	Manager's talk & Teacher's introduction Group practice
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Saturday 12 October

06:30 PM – 07:30 PM	Practice workshop
07:30 PM – 08:30 PM	Group practice
11:30 PM – 12:30 AM	Practice workshop
12:30 AM – 01:30 AM	Group Practice
04:30 AM – 05:30 AM	Dharma Talk
05:30 AM	Karaṇīya Mettā Sutta/Close

Sunday 13 October

06:30 PM – 07:30 PM	Practice Workshop
07:30 PM – 08:30 PM	Group Practice
11:30 PM – 12:30 AM	Group Practice
12:30 AM – 01:30 AM	Weekenders' group discussion
04:30 AM – 05:30 AM	Dharma Talk
05:30 AM	Karaṇīya Mettā Sutta/Close

Monday 14 October – Saturday 19 October

06:30 PM – 07:30 PM	Practice Workshop
07:30 PM – 08:30 PM	Group Practice
08:00 PM – 10:00 PM	Interviews
11:00 PM – 01:00 AM	Interviews
11:30 PM – 12:30 AM	Group Practice
01:30 AM – 02:30 AM	Group Practice
04:30 AM – 05:30 AM	Dharma Talk
05:30 AM	Karaṇīya Mettā Sutta/Close

Sunday 20 October

06:30 PM – 07:30 PM	Practice Workshop
07:30 PM – 08:30 PM	Group Practice
08:30 PM – 09:30 PM	Closing circle
09:30 PM	End of retreat
