

The Way of Natural Awareness
Friday 11 October – Sunday 20 October 2024
Times in Asia/Kuala Lumpur time (+08)

Friday 11 October

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

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|---------------------|----------------------------|
| 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 |

Sunday 13 October

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|---------------------|------------------------------|
| 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 |

Monday 14 October – Saturday 19 October

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

Sunday 20 October

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