

The Way of Natural Awareness  
Friday 11 October – Sunday 20 October 2024  
Times in Australia/Brisbane time (AEST)

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**Friday 11 October**

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06:00 PM – 07:30 PM	Manager's talk & Teacher's introduction Group practice
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**Saturday 12 October**

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08:30 AM – 09:30 AM	Practice workshop
09:30 AM – 10:30 AM	Group practice
01:30 PM – 02:30 PM	Practice workshop
02:30 PM – 03:30 PM	Group Practice
06:30 PM – 07:30 PM	Dharma Talk
07:30 PM	Karaṇīya Mettā Sutta/Close

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**Sunday 13 October**

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08:30 AM – 09:30 AM	Practice Workshop
09:30 AM – 10:30 AM	Group Practice
01:30 PM – 02:30 PM	Group Practice
02:30 PM – 03:30 PM	Weekenders' group discussion
06:30 PM – 07:30 PM	Dharma Talk
07:30 PM	Karaṇīya Mettā Sutta/Close

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**Monday 14 October – Saturday 19 October**

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08:30 AM – 09:30 AM	Practice Workshop
09:30 AM – 10:30 AM	Group Practice
10:00 AM – 12:00 PM	Interviews
01:00 PM – 03:00 PM	Interviews
01:30 PM – 02:30 PM	Group Practice
03:30 PM – 04:30 PM	Group Practice
06:30 PM – 07:30 PM	Dharma Talk
07:30 PM	Karaṇīya Mettā Sutta/Close

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**Sunday 20 October**

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08:30 AM – 09:30 AM	Practice Workshop
09:30 AM – 10:30 AM	Group Practice
10:30 AM – 11:30 AM	Closing circle
11:30 AM	End of retreat

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