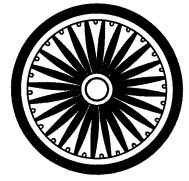




The Way of Natural Awareness
Friday 11 October – Sunday 20 October 2024
Times in Europe/Madrid time (CEST)



Friday 11 October

10:00 AM – 11:30 AM	Manager's talk & Teacher's introduction Group practice
---------------------	---

Saturday 12 October

12:30 AM – 01:30 AM	Practice workshop
01:30 AM – 02:30 AM	Group practice
05:30 AM – 06:30 AM	Practice workshop
06:30 AM – 07:30 AM	Group Practice
10:30 AM – 11:30 AM	Dharma Talk
11:30 AM	Karaṇīya Mettā Sutta/Close

Sunday 13 October

12:30 AM – 01:30 AM	Practice Workshop
01:30 AM – 02:30 AM	Group Practice
05:30 AM – 06:30 AM	Group Practice
06:30 AM – 07:30 AM	Weekenders' group discussion
10:30 AM – 11:30 AM	Dharma Talk
11:30 AM	Karaṇīya Mettā Sutta/Close

Monday 14 October – Saturday 19 October

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

Sunday 20 October

12:30 AM – 01:30 AM	Practice Workshop
01:30 AM – 02:30 AM	Group Practice
02:30 AM – 03:30 AM	Closing circle
03:30 AM	End of retreat
