



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



Friday 11 October

01:00 AM – 02:30 AM	Manager's talk & Teacher's introduction Group practice
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Saturday 12 October

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

Sunday 13 October

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
