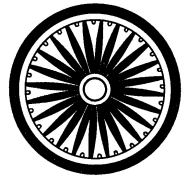




The Way of Natural Awareness  
Friday 11 October – Sunday 20 October 2024  
Times in America/New York time (EDT)



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### Friday 11 October

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

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### Saturday 12 October

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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

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### Sunday 13 October

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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

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