

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

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 |

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 |
