

The Way of Natural Awareness
Friday 11 October – Sunday 20 October 2024
Times in Pacific/Auckland time (NZDT)

Friday 11 October

09:00 PM – 10:30 PM	Manager's talk & Teacher's introduction Group practice
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Saturday 12 October

11:30 AM – 12:30 PM	Practice workshop
12:30 PM – 01:30 PM	Group practice
04:30 PM – 05:30 PM	Practice workshop
05:30 PM – 06:30 PM	Group Practice
09:30 PM – 10:30 PM	Dharma Talk
10:30 PM	Karaṇīya Mettā Sutta/Close

Sunday 13 October

11:30 AM – 12:30 PM	Practice Workshop
12:30 PM – 01:30 PM	Group Practice
04:30 PM – 05:30 PM	Group Practice
05:30 PM – 06:30 PM	Weekenders' group discussion
09:30 PM – 10:30 PM	Dharma Talk
10:30 PM	Karaṇīya Mettā Sutta/Close
