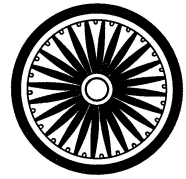




Remembering the Present
Friday 09 October – Sunday 18 October 2026
Times in Asia/Kuala Lumpur time (+08)



Friday 09 October

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

Saturday 10 October

06:30 AM – 07:30 AM	Practice workshop
07:30 AM – 08:30 AM	Group practice
11:30 AM – 12:30 PM	Practice workshop
12:30 PM – 01:30 PM	Group Practice
04:30 PM – 05:30 PM	Dharma Talk
05:30 PM	Karaṇīya Mettā Sutta/Close

Sunday 11 October

06:30 AM – 07:30 AM	Practice Workshop
07:30 AM – 08:30 AM	Group Practice
11:30 AM – 12:30 PM	Group Practice
12:30 PM – 01:30 PM	Weekenders' group discussion
04:30 PM – 05:30 PM	Dharma Talk
05:30 PM	Karaṇīya Mettā Sutta/Close

Monday 12 October – Saturday 17 October

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

Sunday 18 October

06:30 AM – 07:30 AM	Practice Workshop
07:30 AM – 08:30 AM	Group Practice
08:30 AM – 09:30 AM	Closing circle
09:30 AM	End of retreat
