



The Way of The Heart | October 2026 Schedule

	Thurs Oct 15	Fri Oct 16	Sat Oct 17	Sun Oct 18
09:30		Light Breakfast	Light Breakfast	Light Breakfast
10:30 – 14:00		Morning & Noon Sessions	Morning & Noon Sessions	Morning & Noon Session
14:00		Lunch	Lunch	Lunch
				Closing Session
Afternoon	18:00 Orientation, registration & Opening Session	Afternoon Self-Practice	Afternoon Self-Practice	