



The Union of Wisdom & Compassion
Brahma Kumaris, Frankston, Victoria
12-14 April, 2024

Friday, 12 April

10:00-11:00	Registration & Settling in
11:00-12:30	Welcome & Opening Session
12:30-1:30	Lunch
1:30-2:30	Free time
2:30-4:00	Open Practice Session
4:00-4:30	Break
4:30-6:00	Teachings, Meditation
6:00-6:30	Dinner
6:30-7:30	Free Time
7:30-9:00	Meditation (Silence Begins)

Saturday, 13 April

7:00-8:00	Meditation
8:00-8:30	Breakfast
8:30-9:15	Free Time
9:15-10:30	Teachings & Discussion
10:30-11:00	Break
11:00-12:30	Meditation or Discussion Groups
12:30-1:30	Lunch
1:30-2:30	Free time
2:30-4:00	Open Practice Session or Individual Sign up
4:00-4:30	Break
4:30-6:00	Teachings, Meditation
6:00-6:30	Dinner
6:30-7:30	Free Time
7:30-9:00	Meditation

Sunday, 14 April

7:00-8:00	Meditation
8:00-8:30	Breakfast
8:30-9:15	Free Time
9:15-10:30	Teachings & Discussion
10:30-11:00	Break

11:00-12:30	Meditation or Discussion Groups
12:30-1:00	(Silence Ends) Lunch
1:00-2:30	Free time
2:30-4:00	Open Practice Session or Individual Sign up
4:00-4:30	Break
4:30-6:00	Closing Session
6:00-6:30	Dinner