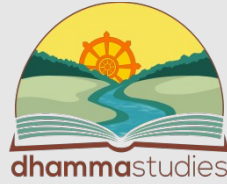


MAKING SENSE OF DHAMMA

2026

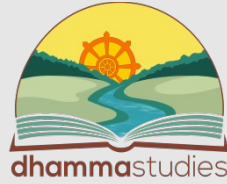
Term 1 (January 11th – April 5th)

Week	Theme	Dates
0	Welcome	Sunday 11 th January
1.1	The Texts	Saturday 17 th January (Akiñcano) Sunday 18 th January (Oliver)
1.2	How to Read the Texts	Saturday 24 th January (Akiñcano) Sunday 25 th January (Oliver)
1.3	Understanding (<i>paññā</i>)	Saturday 31 st January (Akiñcano) Sunday 1 st February (Oliver)
1.4	Understanding (<i>paññā</i>)	Saturday 7 th February (Akiñcano) Sunday 8 th February (Oliver)
1.5	Five Aggregates	Saturday 14 th February (Akiñcano) Sunday 15 th February (Oliver)
1.6	Five Aggregates	Saturday 21 st February (Akiñcano) Sunday 22 nd February (Oliver)
1.7	Matter (<i>rūpa</i>)	Saturday 28 th February (Akiñcano) Sunday 1 st March (Oliver)
1.8	Matter (<i>rūpa</i>)	Saturday 7 th March (Akiñcano) Sunday 8 th March (Oliver)
1.9	Feeling (<i>vedanā</i>)	Saturday 14 th March (Akiñcano) Sunday 15 th March (Oliver)
1.10	Feeling (<i>vedanā</i>)	Saturday 21 st March (Akiñcano) Sunday 22 nd March (Oliver)
1.11	Perception (<i>saññā</i>)	Saturday 28 th March (Akiñcano) Sunday 29 th March (Oliver)
1.12	Perception (<i>saññā</i>)	Saturday 4 th April (Akiñcano) Sunday 5 th April (Oliver)
BREAK (4 weeks)		



Term 2 (May 9th – July 12th)

Week	Theme	Dates
2.1	Determinations/Conditions (<i>saṅkhāra</i>)	Saturday 9 th May (Akiñcano) Sunday 10 th May (Oliver)
2.2	Determinations/ Conditions (<i>saṅkhāra</i>)	Saturday 16 th May (Akiñcano) Sunday 17 th May (Oliver)
2.3	Consciousness (<i>viññāṇa</i>)	Saturday 23 rd May (Akiñcano) Sunday 24 th May (Oliver)
2.4	Consciousness (<i>viññāṇa</i>)	Saturday 30 th May (Akiñcano) Sunday 31 st May (Oliver)
2.5	Impermanence (<i>anicca</i>)	Saturday 6 th June (Akiñcano) Sunday 7 th June (Oliver)
2.6	Impermanence (<i>anicca</i>)	Saturday 13 th June (Akiñcano) Sunday 14 th June (Oliver)
2.7	Dependent Origination	Saturday 20 th June (Akiñcano) Sunday 21 st June (Oliver)
2.8	Dependent Origination	Saturday 27 th June (Akiñcano) Sunday 28 th June (Oliver)
2.9	Senses (<i>āyatana</i>)	Saturday 4 th July (Akiñcano) Sunday 5 th July (Oliver)
2.10	Senses (<i>āyatana</i>)	Saturday 11 th July (Akiñcano) Sunday 12 th July (Oliver)
BREAK (3 weeks)		



Term 3 (August 8th – October 17th)

Week	Theme	Dates
3.1	Mindfulness 1: <i>satipaṭṭhāna</i>	Saturday 8 th August (Akiñcano) Sunday 9 th August (Oliver)
3.2	Mindfulness 1: <i>satipaṭṭhāna</i>	Saturday 15 th August (Akiñcano) Sunday 16 th August (Oliver)
3.3	Mindfulness 2: contexts	Saturday 22 nd August (Akiñcano) Sunday 23 rd August (Oliver)
3.4	Mindfulness 2: contexts	Saturday 29 th August (Akiñcano) Sunday 30 th August (Oliver)
3.5	Virtue and Sense Restraint	Saturday 5 th September (Akiñcano) Sunday 6 th September (Oliver)
3.6	Virtue and Sense Restraint	Saturday 12 th September (Akiñcano) Sunday 13 th September (Oliver)
3.7	Sensuality and the Hindrances	Saturday 19 th September (Akiñcano) Sunday 20 th September (Oliver)
3.8	Sensuality and the Hindrances	Saturday 26 th September (Akiñcano) Sunday 27 th September (Oliver)
3.9	<i>jhāna</i>	Saturday 3 rd October (Akiñcano) Sunday 4 th October (Oliver)
3.10	<i>jhāna</i>	Saturday 10 th October (Akiñcano) Sunday 11 th October (Oliver)
END	Review and Feedback	Saturday 17 th October