

Schedule for Dealing with Difficult Emotions Retreat 20/21st March 2021

	Saturday 20th March	Sunday 21st March
0900 - 1015	Intro/4 Noble Truths/Why we experience problems	Dealing with negative emotions/anger
1015 - 1035	Break	Break
1035 - 1150	4 Noble Truths cont. /What can we change	Nurturing wholesome emotions/loving kindness
1150 - 1210	Break	Break
1210 - 1330	Nature, clarity and potential of our mind	Transforming problems/using difficult situations productively

Each session will include a combination of presentation, meditation, discussion and Q & A.