

Land of Joy's Summer Gathering Schedule

Saturday 6th August

7:30 - 9:00	Breakfast
9:00 - 10:00	Lama Chöpa and setting the motivation for the day
10:00 - 10:30	Break
10:30 - 11:15	Meditation
11:15 - 11:45	Tea break
11:45 - 12:30	Mantra chanting (Ganapati)
12:30 - 14:00	Lunch
14:00 - 17:00	Exploring Land of Joy - children's activities, woodland walk, tea & cake
17:00 - 18:00	Nölsang (Incense Puja)
18:00 - 19:00	Supper
19:00 - 21:00	Movie Night

Sunday 7th August

7:30 - 9:00	Breakfast
9:00 - 10:00	Lama Chopa and setting the motivation for the day
10:00 - 10:30	Break
10:30 - 11:15	Meditation
11:15 - 11:45	Tea break
11:45 - 12:30	Mantra chanting (Chenresig)
12:30 - 14:00	Lunch
14:00 - 15:15	Exploring Woodland
15:15 - 16:00	Tea & Cake
16:00 - 18:00	Tara Puja
18:00 - 19:00	Supper