

Schedule for your Shamata Online Retreat with Venerable Mary

16th October	First Zoom Session: 10:00am - 12noon (BST) Second Zoom Session: 2:00pm - 4:00pm (BST)
17th October	First Zoom Session: 10:00am - 12noon (BST) Second Zoom Session: 2:00pm - 4:00pm (BST)
18th October	Personal Practice Time Zoom Session: 2:00pm - 4:00pm (BST)
19th October	Zoom session: 10:00am - 12noon (BST) Personal Practice Time
20th October	Personal Practice Time Zoom Session: 2:00pm - 4:00pm (BST)
21st October	First Zoom Session: 10:00am - 12noon (BST) Second Zoom Session: 2:00pm - 4:00pm (BST)
22nd October	First Zoom Session: 10:00am - 12noon (BST) Second Zoom Session: 2:00pm - 4:00pm (BST)