



Land of Joy

Buddhist Retreat Community

Shamatha Retreat with Ven Mary Reavey 23rd - 30th September

Friday 23rd September

Arrive at Land of Joy - afternoon in time for supper;

18.00 pm - 19.00 pm

Supper

19.00 pm - 19.30 pm

Introductory Session

Saturday 24th - Thursday 29th September

07.00 am - 08.00 am

Personal practice

08.00 am - 09.15 am

Breakfast + Karma yoga

09.15 am - 11.00 am.

Session 1

11.00 am - 11.10 am

Break

11.10 am - 12.30 am

Session 2

12.30 pm - 14.00 pm

Lunch + Karma yoga

14.00 pm - 15.00 pm

Personal Time

15.00 pm - 16.30 pm

Session 3

16.30 pm - 16.45 pm

Break

16.45 pm - 18.00 pm

Session 4

18.00 pm - 19.15 pm

Supper + Karma yoga

19.15 pm - 20.15 pm

Self led practice (suggested by Ven Mary)

Friday 30th September

07.00 am - 08.00 am

Personal practice

08.00 am - 09.15 am

Breakfast + Karma Yoga

09.15 am - 11.00 am.

Session 1

11.00 am - 11.10 am

Break

11.10 am - 12.30 pm

Last Session

12.30 pm - 15.00 pm

Lunch + Housekeeping Karma Yoga

Farewell cup of tea & biscuits.