



Land of Joy

Buddhist Retreat Community

Four Noble Truths with Ven. Mary Reavey 3rd - 5th November 2023

Friday 3rd November 2023

Arrival at Land of Joy 2pm - 5pm - in time for supper

18.00 - 19.00 **Supper & Welcome Talk**

19.00 - 20.30 Introductory meditation session

Saturday 4th November

07.00 - 08.00 Personal practice

08.00 - 09.00 **Breakfast & Karma Yoga**

09.00 - 11.00 Session 1

11.00 - 11.15 **Break**

11.15 - 12.30 Session 2

12.30 - 13.30 **Lunch & Karma Yoga**

13.30 - 15.00 Personal Time

15.00 - 16.30 Session 3

16.30 - 16.45 **Break**

- 16.45 - 18.00 Session 4
18.00 - 19.15 **Supper & Karma Yoga**
19.15 - 20.15 Personal Practice

Sunday 5th November

- 07.00 - 08.00 Personal practice
08.00 - 09.00 **Breakfast & Karma Yoga**
09.00 -11.00 Session 1
11.00 - 11.15 Break
11.15 - 12.30 Last Session
12.30 -14.15 Lunch & Karma Yoga

End of Retreat

If you are leaving straight after lunch, please find time to change your bed & clean bedroom/bathroom before leaving.

Big thanks from the Team at Land of Joy!