



Land of Joy

Buddhist Retreat Community

Unconditional Compassion with David Midgley 20th - 22nd October 2023

Arrival Date 20th November

Arrive at Land of Joy -	afternoon in time for supper
18.00 - 19.00	Supper
19.00 - 19.20	Introductory Session
19.20 - 19.30	Meditation: Settling the Mind
19.30 - 19.50	Check-in: name, where from, why I am here
19.50 - 20.15	Meditation: Connecting with loving-kindness and compassion
20.15 - 21.00	Move to sitting room to continue informally

First Day of the Retreat 21st October

07.30 - 08.00	Meditation: Settling the Mind, Connecting with Compassion
08.00 - 09.15	Breakfast + Karma Yoga
09.15 - 09.45	Talk: The Importance of Self-Compassion
09.45 - 10.15	Meditation on Self-Compassion
10.15 - 10.45	Sharing exercise on Self-Compassion
10.45 - 11.15	Break
11:15 - 11.45	Talk: Finding your Life's Purpose
11:45 - 12.10	Meditation on Loving-Kindness for Yourself
12.10 - 12.30	Sharing in pairs, then the whole group
12.30 - 14.30	Lunch + Karma Yoga
14.30 - 15.00	Talk: Common Humanity - the Basis for Equanimity
15.00 - 15.30	Meditation on Equanimity
15.30 - 16.00	Sharing exercise on Equanimity
16.00 - 16.30	Break
16.30 - 17.00	Talk: Expanding your Circle of Compassion
17:00 - 17.30	Meditation: Compassion for a 'Difficult Person'
17:30 - 18.00	Sharing in pairs, then whole group
18.00 - 19.00	Dinner + Karma Yoga
19.00 - 19.30	Tong-Len Practice: Active Compassion
19:30- 20.30	Discussion / Q&A



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Last Day of the Retreat 22nd October

07.30 - 08.00

Meditation:

Settling the Mind, Connecting with Compassion

08.00 - 09.15

Breakfast + Karma Yoga

09.15 - 09.45

Talk: Unconditional Compassion

09.45 - 10.15

Meditation on Unconditional Compassion

10.15 - 10.45

Sharing exercise

10.45 - 11.15

Break

11.15 - 11.45

Talk: How Compassion Might Change the World

11.45 - 12.00

Meditation: Rejoicing

12.00 - 12.20

Closing Circle

12.20 - 12.30

Dedication

12.30 - 14.15

Lunch + Karma Yoga

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

Big thanks from the Team at Land of Joy!

End of Retreat