



# Land of Joy

Buddhist Retreat Community

**Chenrezig Retreat with Paula Chichester**  
**1<sup>st</sup> - 8<sup>th</sup> December 2023**

## Arrival Date

Arrive at Land of Joy -  
18.00 - 19.30  
19.30 - 21.00

Afternoon in time for supper  
**Supper**  
Introductory Session

## First Day of Retreat

06.30 - 08.00  
**08.00 - 09.15**  
09.30 - 11.00  
**11.00 - 11.15**  
11.15 - 12.15  
**12.30 - 13.30**  
15.00 - 16.00  
**16.00 - 16.30**  
16.30 - 17.30  
**18.00 - 19.30**  
19.30 - 21.00

Session 1 Meditation/Recitation Sessions  
**Breakfast + Karma Yoga**  
Session 2 Meditation/Recitation Sessions  
**Break**  
Session 3 Healing Exercises  
**Lunch + Karma Yoga**  
Session 4 Discussion; Q and A  
**Break**  
Session 5 Meditation/Recitation Sessions  
**Supper + Karma Yoga**  
Session 6 Meditation/Recitation Sessions

## Last Day of Retreat

06.30 - 08.00  
**08.00 - 09.15**  
09.30 - 11.00  
**11.00 - 11.15**  
11.15 - 12.15  
**12.30 - 14.15**

Session 1 Meditation/Recitation Sessions  
**Breakfast & Karma Yoga**  
Session 2 Meditation/Recitation Sessions  
**Break**  
Session 3 Healing Exercises  
**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