



Land of Joy

Buddhist Retreat Community

Grief & Grace: Work that Reconnects with Margo van Greta 10th - 12th November 2023

Arrival Date 10th November

18.00 - 19.30	Supper
19.30 - 20.30	Session 1: Introduction

Day 1: 11th November

08.00 - 09.15	Breakfast + Karma Yoga
09.30 - 12.15	Session 2: Gratitude
12.30 - 14.00	Lunch + Karma Yoga
14.30 - 17.30	Session 3: Honouring our Pain for the World
18.00 - 19.15	Supper + Karma Yoga
19.30 - 21.00	Session 4: Seeing with New Eyes

Last Day of Retreat 12th November

08.00 - 09.15	Breakfast & Karma Yoga
09.30 - 12.15	Session 5: Going Forth
12.30 - 14.00	Lunch & Karma Yoga
14.00 - 15.00	Final Session: Completion

DEPART

**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!**