



Land of Joy

Buddhist Retreat Community

**Six Session Guru Yoga with Paula Chichester
16th - 22nd November 2023**

Arrival Date

Arrive at Land of Joy -	afternoon in time for supper
18.00 - 19.30	Supper
19.30 - 21.00	Introductory Session

First Day of Retreat

06.30 - 08.00	Session 1 Meditation/Recitation Sessions
08.00 - 09.15	Breakfast + Karma Yoga
09.30 - 11.00	Session 2 Meditation/Recitation Sessions
11.00 - 11.15	Break
11.15 - 12.15	Session 3 Healing Exercises
12.30 - 13.30	Lunch + Karma Yoga
15.00 - 16.00	Session 4 Discussion; Q and A
16.00 - 16.30	Break
16.30 - 17.30	Session 5 Meditation/Recitation Sessions
18.00 - 19.30	Supper + Karma Yoga
19.30 - 21.00	Session 6 Meditation/Recitation Sessions

Last Day of Retreat

06.30 - 08.00	Session 1 Meditation/Recitation Sessions
08.00 - 09.15	Breakfast & Karma Yoga
09.30 - 11.00	Session 2 Meditation/Recitation Sessions
11.00 - 11.15	Break
11.15 - 12.15	Session 3 Healing Exercises
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