



# Land of Joy

Buddhist Retreat Community

**Loving Kindness Retreat: Friday 21st - Sunday 23rd  
March 2025 with Paula Chichester & Lou Beaumont**

## **Friday 21st**

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

18.00 - 18.45	<b>Supper</b>
18.45 - 19.15	Karma Yoga
19.15 - 20.30	Introductory talk

## **Saturday 22nd**

08.00 - 09.00	<b>Breakfast</b>
09.00 - 09.15	Karma Yoga
09.15 - 11.00	Body movement, meditation, discussion
11.00 - 11.15	Break
11.15 - 12.30	Zoom link with Paula from Nepal
12.30 - 14.00	<b>Lunch &amp; Karma Yoga</b>
14.00 - 15.00	Personal time
15.00 - 16.30	Zoom link with Paula from Nepal
16.30 - 16.45	Break
16.45 - 18.00	Body movement, meditation, discussion
18.00 - 18.45	<b>Supper</b>
18.45 - 19.15	Karma Yoga
19.15 - 20.30	Last session of the day

## **Sunday 23rd**

08.00 - 09.00	<b>Breakfast</b>
09.00 - 09.15	Karma Yoga

09.15 -11.00	Body movement,meditation,discussion
11.00 -11.15	Break
11.15 - 12.30	Zoom link with Paula from Nepal
12.30 - 14.30	<b>Lunch &amp; Karma Yoga</b>
14.30 - 15.30	Last session round up

Can you please put clean sheets provided on your beds, take laundry to utility room next to the kitchen & clean up your rooms before you leave. Big thanks from the team!