



Land of Joy

Buddhist Retreat Community

Introduction to Buddhism With Ven Mary Reavey

Friday 30th October - Sunday 1st November

Friday 30th October

Arrive at Land of Joy - afternoon in time for supper;

18.00 pm - 19.00 pm

Supper

19.00 pm - 21.00 pm

Introductory talk

Saturday 31st October

07.00 am - 08.00 am

Personal practice

08.00 am - 09.15 am

Breakfast & Karma Yoga

09.15 am - 11.00 am

Session 1

11.00 am - 11.10 am

Break

11.10 am - 12.30 am

Session 2

12.30 pm - 14.00 pm

Lunch & Karma Yoga

14.00 pm - 15.00 pm

Personal Time

15.00 pm - 16.30 pm

Session 3

16.30 pm - 16.45 pm

Break

16.45 pm - 18.00 pm

Session 4

18.00 pm - 19:15 pm

Supper & Karma Yoga

19.15 pm - 20.15 pm

Self led practice (suggested by Ven Mary)

Sunday 1st November

07.00 am - 08.00 am

Personal practice

08.00 am - 09.15 am

Breakfast & Karma Yoga

09.15 am - 11.00 am.

Session 1

11.00 am - 11.10 am

Break

11.10 am - 12.30 pm

Session 2

12.30 pm - 13.15 pm

Lunch

13.15 pm - 14.15 pm

Karma Yoga

14.15 pm - 15.45 pm

Last Session

This Timetable is subject to change.

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

Big thanks from the Team at Land of Joy!