



Land of Joy

Buddhist Retreat Community

Building Inner Strength with 16 Guidelines Level 1

Friday 17 July 2025

You are welcome to arrive in the afternoon, in time to settle in before supper.

18.00 - 19.15	Supper
19.15 - 20.30	Session 1

Saturday 18th

07.45 - 09.15	Breakfast
09.15 - 10.45	Session 2
10.45 - 11.05	Break
11.05 - 12.30	Session 3
12.30 - 15.00	Lunch + Personal Time
15.00 - 16.20	Session 4
16.20 - 16.40	Break
16.40 - 18.00	Session 5
18.00 - 19.15	Supper
19.15 - 20.30	Session 6

Sunday 19th

07.45 - 09.15	Breakfast
09.15 - 10.45	Session 7
10.45 - 11.05	BREAK
11.05 - 12.30	Session 8
12.30 - 14.30	Lunch + Personal Time
14.30 - 15.30	Session 9
15.30-onwards	Departure

If you're able, the Land of Joy team would be grateful if you could please change your bed sheets and help to clean your bedroom and bathroom before you leave.