



Land of Joy

Buddhist Retreat Community

Emptiness in Everyday Life: Freedom through Understanding

with Geshe Rinchen: Thursday 10th– Sunday 13th September

Day 1: Thursday 10th September - Welcome

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

18:00 – 19:00 Supper

19:00 - 20:30 Introductory talk / Meditation

Day 2 & 3: Friday 11th & Saturday 12th September

07:30 – 08:00 Prostrations & Meditation

08:00 – 09:00 Breakfast & Karma Yoga

09:00 – 11:00 Session 1

11:00 – 11:15 Break

11:15 – 12:30 Session 2

12:30 – 14:00 Lunch & Karma Yoga

14:00 – 15:15 Session 3

15:15 – 15:30 Break

15:30 – 16:30 Session 4

16:30 – 18:00 Break / Walk / Journaling

18:00 – 19:15 Supper & Karma Yoga

19:30 – 20:00 Meditation

Day 4: Sunday 13th September

07:30 – 08:00 Prostrations & Meditation

08:00 – 09:00 Breakfast & Karma Yoga

09:00 – 11:00 Session 1

11:00 – 11:15 Break

11:15 – 12:00 Session 2

12:00 – 12:30 Meditation and final dedication prayers

12:30 – 14:00 Lunch & Karma Yoga

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

Big thanks from the Land of Joy and Jamyang Leeds Teams