



Land of Joy

Buddhist Retreat Community

Falling in Love with the Future

Friday 19th June

Arrive at Land of Joy 4 - 5pm in time for supper and to settle in

18.00 - 19.15

Supper & Karma Yoga

19.15 - 20.30

Opening Circle & Introductory talk

Saturday 20th & Sunday 21st June

08.00 - 09.15

Breakfast & Karma Yoga

09.15 - 11.00

Session 1

11.00 - 11.15

Break

11.15 - 12.30

Session 2

12.30 - 14.00

Lunch + Karma Yoga

14.00 - 15.00

Personal time

15.00 - 16.30

Session 3

16.30 - 16.45

Break

16.45 - 18.00

Session 4

18.00 - 19.15

Supper & Karma Yoga

19.15 - 20.30

Last session of the day

Monday 22nd June

08.00 - 09.00

Breakfast

09.00 - 09.15

Karma Yoga

09.15 - 11.00

Session 1

11.00 - 11.15

Break

11.15 - 12.30

Final Session

12.30 - 14.45

Lunch & housekeeping karma yoga

Timetable subject to change!

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 team!