



Land of Joy

Buddhist Retreat Community

Kum Nye Tibetan Yoga

Friday 27th June

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

18.00 - 18.45	Supper
18.45 - 19.15	Karma Yoga
19.15 - 20.30	Introductory talk

Saturday 28th June

08.00 - 09.00	Breakfast
09.00 - 09.15	Karma Yoga
09.15 - 11.00	Session 1 Tibetan Yoga Practice
11.00 - 11.15	Break
11.15 - 12.30	Session 2 Tibetan Yoga Practice
12.30 - 14.00	Lunch + Karma Yoga
14.00 - 15.00	Personal time
15.00 - 16.30	Session 3 Tibetan Yoga Practice
16.30 - 16.45	Break
16.45 - 18.00	Session 4 Tibetan Yoga Practice
18.00 - 18.45	Supper
18.45 - 19.15	Karma Yoga
19.15 - 20.30	Last session of the day discussion / meditation

Sunday 29th June

08.00 - 09.00	Breakfast
09.00 - 09.15	Karma Yoga
09.15 - 11.00	Session 1 Tibetan Yoga Practice
11.00 - 11.15	Break
11.15 - 12.30	Final Session, Q&A, Group Photo
12.30 - 14.45	Lunch & housekeeping 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 team!