



Land of Joy

Buddhist Retreat Community

Loving Kindness: A Journey into Compassion and Equanimity

with Paula Chichester & Lou Beaumont: Friday 15th May - Sunday 17th May 2026

Friday 15th May

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 16th May

08.00 - 09.00	Breakfast
09.00 - 09.15	Karma Yoga
09.15 - 11.00	Body movement, meditation
11.00 - 11.15	Break
11.15 - 12.30	Meditation & discussion
12.30 - 14.00	Lunch & Karma Yoga
14.00 - 15.00	Personal time
15.00 - 16.30	Meditation & discussion
16.30 - 16.45	Break
16.45 - 18.00	Body movement, meditation
18.00 - 18.45	Supper
18.45 - 19.15	Karma Yoga
19.15 - 20.30	Last session of the day

Sunday 17th May

08.00 - 09.00	Breakfast
09.00 - 09.15	Karma Yoga
09.15 - 11.00	Body movement, meditation
11.00 - 11.15	Break
11.15 - 12.30	Meditation & discussion
12.30 - 14.30	Lunch & Karma Yoga
14.30 - 15.30	Last session round up

Can you please put the clean sheets provided on your beds, take laundry to the utility room next to the kitchen & clean up your rooms before you leave.

Big thanks from the team!