



Land of Joy

Buddhist Retreat Community

Nature of Mind Retreat Schedule

Saturday, February 8 to Saturday 16th February 2025

13.00 - 18.00	Arrival in time for supper
18.00 - 19.00	Supper
20.00 - 21.00	Welcome, Introduction, briefing and Q&A.

Daily Schedule Sunday 9th to Friday 15th

08.00 - 09.15	Breakfast + Karma Yoga
09.15 - 09.55	Morning prayers + Heart Sutra recitation
09.55 - 10.05	Short Break
10.05 - 10.30	First Meditation Session
10.30 - 10.50	Break
10.50 - 11.15	Chi Gong/Chi
11.15 - 11.25	Short break
11.25 - 11.50	Second Meditation Session
11.50 - 12.30	Talk and Q&A
12.30 - 14.00	Lunch + Karma Yoga
14.00 - 15.00	Break
15.00 - 15.25	Third Meditation Session
15.25 - 15.50	Chi Gong/Five Brocades
15.50 - 16.00	Short break
16.00 - 16.25	Fourth Meditation Session
16.25 - 16.35	Short Break
16.35 - 17.00	Fifth Meditation Session
17.00 - 17.10	Short Break
17.10 - 18.00	Talk and Q&A
18.00 - 19.15	Supper + Karma Yoga.
19.15 - 19.30	Short Break
19.30 - 19.55	Sixth Meditation Session (optional)
20.00pm onwards etc	Free time for rest, reading, personal practice and interviews,

Last Day Saturday, 16th February

08.00 - 09.15	Breakfast + Karma Yoga
09.15 - 09.55	Morning Prayers & Heart Sutra Recitation
09.55 - 10.05	Short Break
10.05 - 10.30	First Meditation Session
10.30 - 10.50	Break
10.50 - 11.15	Second Meditation Session
11.15 - 11.25	Short break
11.25 - 11.50	Third Meditation Session
12.00 - 12.30	Final Talk and Q&A Group Photo
1230	Lunch, Karma Yoga and departure.