



Land of Joy

Buddhist Retreat Community

The Bridge from Shamatha to Vipassana with Ven. Mary Reavey

Tuesday 26th until Sunday 31st May 2026

Arrival Day - Tuesday 26th May

Arrive at Land of Joy - afternoon in time for supper

18.00 - 19.00 **Supper, clear up & Welcome Talk**

19.00 - 20.30 Introductory Session

Wednesday 17th – Saturday 30th May

07.00 - 08.00 Personal Practice

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 - 13.30 Lunch & Karma Yoga

13.30 - 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 - 20.15 Self Led Practice

Last Day of Retreat - Sunday 31st May

07.00 - 08.00 Personal Practice

08.00 - 09.00 Breakfast & Karma Yoga

09.00 - 11.00 Session 1

11.00 - 11.15 Break

11.15 - 12.30 Session 2 (last session)

12.30 - 14.15 Lunch & Karma Yoga

This Timetable is subject to change.

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

Big thanks from the Team at Land of Joy!