



Land of Joy

Buddhist Retreat Community

The Two Wings of Wisdom & Bodhichitta: An Exploration of The Lam Rim Schedule

Friday 3rd July

Arrive at Land of Joy - afternoon in time for supper

18.00 - 19.00

Supper

19.00 - 20.30

Introductory Session

Saturday 4th to Tuesday 8th

07.00 - 08.00

Personal Practice

08.00 - 09.00

Breakfast + Karma Yoga

09.00 - 11.00

Session 1

11.00 - 11.10

Break

11.10 - 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

Wednesday 9th and Thursday 10th July

07.30 - 08.00

8 Mahayana Precepts and Personal Practice

08.00 - 09.00

Breakfast + Karma Yoga

09.00 - 11.00

Session 1

11.00 - 11.10

Break

11.10 - 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

Saturday 11th July

07.00 - 08.00	Personal Practice
08.00 - 09.00	Breakfast & Karma Yoga
09.00 - 11.00	Session 1
11.00 - 11.10	Break
11.10 - 12.30	Final Session and Photos
12.30 -14.15	Lunch & Karma Yoga

Timetable subject to change!

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

Big thanks from the Land of Joy team!