



Land of Joy

Buddhist Retreat Community

White Tara Retreat with Tulku-la & Di Carroll

Monday 23rd Feb - Wednesday 4th March

23rd February

Arrive at Land of Joy in time for supper

18.00 - 19.30

Supper

19.30 - 21.00

Introductory Session

24th February - 3rd March

07.00 - 08.30

Session 1

8:30 - 10.00

Breakfast+Karma Yoga

10:00 - 11.15

Session 2

11.15 - 11.30

Break

11.30-12.30

Session 2 continued

12.30 - 13.30

Lunch + Karma Yoga

13.30 - 15.00

Break

15.00 - 16.00

Discussion/Q&A

16.00 - 16.30

Break

16.30 - 18.00

Session 3

18.00 - 19.30

Supper + Karma Yoga

19.30 - 21.00

Session 4

4th March

07.00 - 08.30

Session 1

08.30 - 10.00

Breakfast & Karma Yoga

10.00 - 11.30

Tara puja.

12.30 -14.15

Lunch & 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 Team at Land of Joy!

End of Retreat