

City Retreat: Building the Buddha Land

Time	Wed (25.12.2019)	Thu (26.12.2019)	Fri (27.12.2019)	Sat (28.12.2019)	Sun (29.12.2019)	Mon (30.12.2019)	Tue (31.12.2019)	Wed (1.1.2020)
	Laying the Foundations	Generosity	Kindly Speech	Beneficial Activity	Exemplification	The Joy of Sangha	Looking Backwards	Looking Forwards
10.30 – 11.45	Dedication Ceremony	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
11.45 – 12.00	Silent Tea Break							
12.00 – 13.00	Meditation <small>Bodhilila</small>	Meditation <small>TBC</small>	Meditation <small>TBC</small>	Meditation <small>TBC</small>	Meditation <small>TBC</small>	Meditation <small>TBC</small>	Meditation <small>TBC</small>	Meditation <small>TBC</small>
13.00 – 14.00	Lunch (bring vegan lunch for sharing)							
14.00 – 14.30	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
14.30 – 15.30	Talk and/or Workshop	Talk and/or Workshop	Talk and/or Workshop	Talk and/or Workshop	Talk and/or Workshop	Talk and/or Workshop	Talk and/or Workshop	Talk and/or Workshop
15.30 – 16.00	Tea Break							
16.00 – 17.00	Meditation and/or Reflection <small>Prajñānītā</small>	Meditation and/or Reflection <small>Bodhilila</small>	Meditation and/or Reflection <small>Prajñānītā</small>	Meditation and/or Reflection <small>Bodhilila</small>	Meditation and/or Reflection <small>Prajñānītā</small>	Meditation and/or Reflection <small>Bodhilila</small>	Meditation and/or Reflection <small>Prajñānītā</small>	Meditation and/or Reflection <small>Bodhilila</small>
17.00 – 18.00	Work Circle <small>Prajñānītā</small>	Work Circle <small>Prajñānītā</small>	Work Circle <small>Prajñānītā</small>	Work Circle <small>Prajñānītā</small>	Work Circle <small>Prajñānītā</small>	Work Circle <small>Prajñānītā</small>	Work Circle <small>Prajñānītā</small>	Work Circle <small>Prajñānītā</small>
18.00 – 19.30	Dinner Tea	Dinner Tea	Dinner Tea	Dinner	Dinner Tea	Dinner Tea	Dinner Tea	Dinner Tea
				Start: 19.00				
19.30 – 21.00	Meditation, Chanting and/or Ritual <small>Prajñānītā</small>	Meditation, Chanting and/or Ritual <small>Bodhilila</small>	Meditation, Chanting and/or Ritual <small>Prajñānītā</small>	Remembering our Teachers <small>Bodhilila</small>	Meditation, Chanting and/or Ritual <small>Prajñānītā</small>	Meditation, Chanting and/or Ritual <small>Prajñānītā</small>	Meditation, Chanting and/or Ritual <small>Bodhilila</small>	Meditation, Chanting and/or Ritual <small>Bodhilila</small>
21.30– 00.15							Meditation, Reflection, Ritual <small>Bodhilila</small>	

Finish: 21.30