

## Retreat Schedule: Heart Sutra with Geshe Tenzin Zopa,

Friday 13 <sup>th</sup> July		Sunday 15 <sup>th</sup> July	
4:30pm	Centre open for registration	6:00 am	Gompa open for private practice
5:00	Informal tour of Karuna	7:00	Meditation in the gompa
6:00	Supper	8:00	Breakfast
Saturday 14 <sup>th</sup> July		9:30 – 11:00	Teaching with Geshe Zopa
6:00 am	Gompa open for private practice	Break	
7:00	Meditation in the gompa	11:30 – 1:00	Teaching with Geshe Zopa
8:00	Breakfast		
9:00	Introduction to the retreat	Lunch	
9:30 – 11:00	Teaching with Geshe Zopa	2:00 - 4:00	Teaching with Geshe Zopa
Break		4:00 – 4:30	Conclusion of the retreat.
11:30 – 12:30	Teaching with Geshe Zopa	<p><b>Non-residential program</b> is shown in blue: it commences at 9:00 on the Saturday and 9:30 on Sunday. Day participants have the option of attending the 4:30 review and evening meditation or doing them at home. A small donation towards the cost of supper would be a kindness, from non-residents who do stay on.</p>	
Lunch			
2:00 - 4:00	Teaching with Geshe Zopa		
Break			
4:30 – 5:30	Review (discussion/journaling)		
Supper at 6:00			
7:00	Meditation in smaller hall (optional) Gompa available for private practice		