

# ANNUAL RETREAT ~ 2024 ~ AWAKENING JOY AND EASE

DATES: Saturday 8<sup>th</sup> June and Sunday 9<sup>th</sup> June AEST

VENUE: The Rose Cottage, Newtown Park, Pottinger Street, Toowoomba, Queensland

ZOOM LINK: <https://us06web.zoom.us/j/83092373133?pwd=b05WRllpbFF5dDM3aDVxRUExbzZlZUT09>

## RETREAT SCHEDULE

DAY ONE — SATURDAY JUNE 8 <sup>TH</sup> — JOY AS THE HEART OF AWAKENING		
SESSION AND TIME	LIVESTREAMED	DETAILS
SESSION ONE 10am – 11:30am	YES	<ul style="list-style-type: none"><li>• Introduction to Togden Amtrin's pith instructions on joy and ease</li></ul>
SESSION TWO 11:30am -12pm	YES	<ul style="list-style-type: none"><li>• Practice Transmission – 15 mins</li><li>• Group Practice Session (Joy &amp; Ease) – 15 mins</li></ul>
LUNCH BREAK 12pm - 2pm	N/A	There will be an option to attend a group lunch. Contact Wendi Forbes: 0407 701 125
SESSION THREE 2pm - 3pm	NO	<ul style="list-style-type: none"><li>• Practice run-through – 20 mins</li><li>• Practice Session: Joy and Ease (walk or sit) – 40 mins</li><li>• Online attendees practice at home</li></ul>
SESSION FOUR 4pm - 5pm	YES	<ul style="list-style-type: none"><li>• Q&amp;A – 20 mins</li><li>• End of Day Group Reflection – 40 mins</li></ul>

DAY TWO — SUNDAY JUNE 9 <sup>TH</sup> — RESTING IN EASE		
SESSION AND TIME	LIVESTREAMED	DETAILS
SESSION ONE 10am – 11:30am	YES	<ul style="list-style-type: none"> <li>• Introduction to the Heart Essence of the Lama and Sky-Gazing</li> </ul>
SESSION TWO 11:30am -12pm	YES	<ul style="list-style-type: none"> <li>• Practice Transmission – 15 mins</li> <li>• Group Practice Session (Sky-Gazing) – 15 mins</li> </ul>
LUNCH BREAK 12pm - 2pm		
SESSION THREE 2pm - 3pm	NO	<ul style="list-style-type: none"> <li>• Practice run-through – 20 mins</li> <li>• Practice Session: Sky-Gazing and/or Joy and Ease (walk or sit) – 40 mins</li> <li>• Online attendees practice at home.</li> </ul>
SESSION FOUR 4pm - 5pm	YES	<ul style="list-style-type: none"> <li>• Q&amp;A – 15 mins</li> <li>• How to embody the practice and share joy with others – 30 mins</li> <li>• End of Retreat Reflection – 15 mins</li> </ul>
DINNER 6pm-8pm	N/A	There may be an option to attend a group dinner

The schedule is in Australian Eastern Standard Time (Brisbane Time Zone). Check the time in your local time zone: <https://www.timeanddate.com/worldclock/converter.html>