

ANNUAL RETREAT ~ 2024 ~ AWAKENING JOY AND EASE

DATES: Saturday 8th June and Sunday 9th June AEST

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

ZOOM LINK: <https://us06web.zoom.us/j/83092373133?pwd=b05WRllpbFF5dDM3aDVxRUeWbzZlZUT09>

RETREAT SCHEDULE

DAY ONE — SATURDAY JUNE 8 TH — JOY AS THE HEART OF AWAKENING		
SESSION AND TIME	LIVESTREAMED	DETAILS
SESSION ONE 10am – 11:30am	YES	<ul style="list-style-type: none"> • Introduction to Togden Amtrin's pith instructions on joy and ease
SESSION TWO 11:30am -12pm	YES	<ul style="list-style-type: none"> • Practice Transmission – 15 mins • Group Practice Session (Joy & Ease) – 15 mins
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"> • Practice run-through – 20 mins • Practice Session: Joy and Ease (walk or sit) – 40 mins • Online attendees practice at home
SESSION FOUR 4pm - 5pm	YES	<ul style="list-style-type: none"> • Q&A – 20 mins • End of Day Group Reflection – 40 mins

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