

Annual Retreat ~ 2024 ~ Awakening Joy and Ease

DATES: Saturday 8th June and Sunday 9th June

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

ZOOM LINK:

RETREAT SCHEDULE

DAY ONE			
DAY AND DATE	SESSION AND TIME	LIVESTREAMED	DETAILS
SATURDAY JUNE 8 TH	SESSION ONE 10am - 11am	YES	Introduction to Togden Amtrin's pith instructions on joy and ease
	SESSION TWO 11am -12pm	YES	Group Practice Session and practice transmissions for the Joy & Ease and AH practices
	LUNCH BREAK 12pm - 2pm		There will be an option to attend a group lunch
	SESSION THREE 2pm - 3pm	NO	Joy and Ease Walk (or sit). Solitary Practice Session. Online attendees practice at home.
	SESSION FOUR 4pm - 5pm	YES	End of Day Group Reflection

DAY TWO			
SUNDAY JUNE 9 TH	SESSION ONE 10am - 11am	YES	Practice Transmission and commentary on the Heart Essence of the Lama and Sky-Gazing
	SESSION TWO 11am -12pm	YES	Group Practice Session
	LUNCH BREAK 12pm - 2pm		
	SESSION THREE 2pm - 3pm	NO	Joy and Ease Walk (or sit). Solitary Practice Session. Online attendees practice at home.
	SESSION FOUR 4pm - 5pm	YES	Closing Discussion and End of Retreat Reflection
	DINNER 6pm-8pm		There will be an option to attend a group dinner

The schedule is in Australian Eastern Standard Time