



DAILY TEACHING SCHEDULE @ Lampeter Retreat 2020

ARRIVAL DAY – Mon 17th August 2020 (Evening Meal only)

DEPARTURE DAY – Tuesday 25th August 2020 (Breakfast Only)

SILENCE is the default mode during the Retreat & meals are taken in silence.

TEACHING STARTS – Tuesday 18th August 2020 – 9am

TEACHING SCHEDULE : Tuesday 18th – Monday 24th August 2020

6.30am – 7.30am : Optional Session “Shower of Blessings’ x3 weekly [Dr Eva Natanya]

7.30am – 8.30am : BREAKFAST

9.00am – 10.30am : MORNING TEACHING 1 [Lama Alan Wallace]

10.30am – 11.00am : COFFEE

11.00am – 12.30pm : MORNING TEACHING 2 [Lama Alan Wallace]

12.30pm – 1.30pm : LUNCH

2.00pm – 3.30pm : AFTERNOON TEACHING 1 [Lama Alan Wallace]

3.30pm – 4.00pm : TEA

4.00pm - 5.30pm : AFTERNOON TEACHING 2 [Dr Eva Natanya]

6.00 pm– 7.00pm : EVENING MEAL

7.30pm – 9.00pm: EVENING TEACHING/ Q&As [Lama Alan Wallace]

About this Retreat

- This is an open retreat – no previous experience of meditation or Tibetan Buddhism is required.
- All food provided during the retreat is Ovo-Lacto Vegetarian (includes eggs & dairy but not fish), please notify us if you have any additional requirements.
- A Book Store is available throughout the retreat for purchase of titles by B. Alan Wallace.