One day retreat timetable (from May 2024)

The retreat is conducted in silence after we have chanted.

09.30 arrive and set up

10.00 chanting and stillness practice

10.45 walk

11.30 stillness

12.15 lunch/relax

1.00 stillness

1:45 walk

2.30 stillness

3.15 break/tea

3.30 dhamma talk (recorded) and discussion time

5:00 dedication of merit, clean-up and finish

More experienced yogis are welcome to follow their own practice rhythm but are encouraged to come to the sessions at 10am and 3.30pm.