

Heart Jewel Retreat June 8 – 10, 2007

Kadampa Meditation Center

FRIDAY June 8th

Registration 6:00 - 7:45 pm
KMC Supper 6:00 - 7:00 pm (reservations required –
see registration website)
Light Snacks 7:00 - 7:45 pm

Intro Session

8:00 - 9:30 pm

SATURDAY June 9th

Breakfast Bar in Main House 7:00 - 8:30 am

Session 1

8:30 - 10:00 am

<Cafe and Shop Open>

10:00 - 10:45 am

Session 2

11:00 - 12:30 pm

Lunch - Two sittings
<Break - Cafe and Shop Open>

1:00 - 1:30 pm and 1:30 - 2:00 pm
2:00 - 3:15 pm

Session 3

3:30 - 5:00 pm

Dinner - Two sittings
<Shop Open >

6:00 - 6:30 pm and 6:30-7:00 pm
6:30 - 7:15 pm

Session 4

**Wishfulfilling Jewel Tsog Puja
inc Meditation**

7:00 - 9:00 pm

SUNDAY

Session 1

7:00 - 8:00 am

Tea and Toast

8:00 - 8:45 am

Session 2

8:45 - 9:45 am

Breakfast and Q&A with Kadam Morten

10:00 - 11:30 am

Session 3

12:45 - 2:00 pm

Lunch

2:00 pm - departure