

How to Find Actual Protection from Pain and Problems: The Beautiful Mind of Refuge

Weekend Retreat with Gen Kelsang Zopa

Oct 16 - 18, 2015

The Haven

Gabriola Island, BC

Sessions will be in **Heron** | All Meals and Snacks will be in **The Lodge**

Friday, October 16

4:00 – 5:45 pm	Check In at the Front Desk
4:00 – 6:00 pm	<i>Settle into Room, Explore Grounds</i>
6:00 – 6:45 pm	<i>Dinner</i>
7:00 – 8:30 pm	Session One

Saturday, October 17

7– 7:45 am	Morning Meditation
8 – 8:45 am	<i>Breakfast</i>
9 – 10:15 am	Session Two
<i>Break</i>	<i>Coffee, Tea, Fruit and Snacks are available in The Lodge (same building as meals)</i>
10:45 am – 12 pm	Session Three
12 – 1 pm	<i>Lunch</i>
<i>Break</i>	<i>Snacks available in The Lodge, time allowed for wandering, private mediation, etc</i>
4 – 5:30 pm	Session Four
6:00 – 6:45	<i>Dinner</i>
7:00 – 8:30 pm	Session Five

Sunday, October 18

7– 7:45 am	Morning Meditation
8 – 8:45 am	<i>Breakfast</i>
9 – 10:15 am	Session Six
<i>Break</i>	<i>Snacks Available in The Lodge</i>

(The staff will have stripped your beds during the 9 am session. Please have your bags out by 10:40 (before the next session.) If you don't have a care, they may be safely stored at near the Check In Desk at the Lodge)

10:45 am – 12 pm	Session Seven
12 – 12:45pm	<i>Lunch</i>
1:00 -2:00 pm	Session Eight

The next ferry leaves at 3:05 pm

***If you need to leave earlier, for some reason, you will have to leave right after Session Seven as the next previous ferry on Sundays is at 12:35 pm.)