

## Going Beyond Uncertainty

Weekend Retreat with Gen Kelsang Zopa

April 26-28, 2019

Middle Beach Lodge at the Beach

Tofino, BC

All Sessions and Meals at Lodge at the Beach, except as noted

### *Friday, April 26*

3:00 – 5:30 pm	Check In at the Front Desk <i>Settle into Room, Explore Grounds</i>
5:00 – 6:30 pm	<i>Dinner (Appies out at 5, Dinner at 5:30 or so)</i>
7:00 – 8:15 pm	Session One
8:30 pm	<i>Evening Cookies</i>

### *Saturday, April 27*

6:45– 7:30am	Morning Meditation <i>in Conference Room at the Headlands</i>
7:30– 8:45 am	<i>Breakfast</i>
9:00 – 10:15 am	Session Two
<i>Break</i>	<i>Coffee &amp; Tea available</i>
10:45 am – 12 pm	Session Three
12:30 – 1:30 pm	<i>Lunch in <a href="#">Main Dining Room at the Headlands</a></i>
<i>1:30-3:30 pm</i>	<i>Time allowed for contemplation, private</i>
<i>Long Break</i>	<i>meditation, exploring the site, etc.</i>
3:30– 4:45pm	Session Four
5:30 - 6:15	<i>Dinner</i>
7:00 – 8:15 pm	Session Five
8:30 pm	<i>Evening Cookies</i>

### *Sunday, April 28*

6:45– 7:30am	Morning Meditation <i>in Conference Room at the Headlands</i>
7:30– 8:45 am	<i>Breakfast</i>
9:00 – 10:15 am	Session Six
<i>Break</i>	<i>Coffee &amp; Tea available</i>

Please have your bags out before the next session unless you are staying over on Sunday night.

10:45– 11:45am	Session Seven
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