

The Buddhist Way of Loving Kindness

Five Day Retreat with Gen Kelsang Zopa

April 19 – 23, 2023

Bethlehem Retreat Centre

Nanaimo, BC

All Sessions will be in the Chapel

Wednesday, April 19

3:30 – 5:15 pm	Check In Desk Open
3:30 – 5:30pm	<i>Settle into Room, Explore Grounds</i>
5:30 – 6:30 pm	<i>Dinner</i>
7:00 – 8:30 pm	Session One

Thursday, April 20

7– 7:45 am	Morning Meditation
8 – 8:45 am	<i>Breakfast</i>
9 – 10:15 am	Session Two
10:45 am – 12 pm	Session Three
12 – 1 pm	<i>Lunch</i>
	<i>Long Break</i>
4 – 5:15 pm	Session Four
5:30 - 6:30 pm	<i>Dinner</i>
7:00 – 8:30 pm	Session Five

Friday, April 21

7– 7:45 am	Morning Meditation
8 – 8:45 am	<i>Breakfast</i>
9 – 10:15 am	Session Six
10:45 am – 12 pm	Session Seven
12 – 12:30pm	<i>Lunch</i>
	<i>Long Break</i>
3:30 – 5:15 pm	Check In Desk Open for Wkend Attendees
4 – 5:15 pm	Session Eight
5:30 - 6:30 pm	<i>Dinner</i>
7:00 – 8:30 pm	Session Nine/Session One

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Saturday, Apr 22

7– 7:45 am	Morning Meditation
8 – 8:45 am	<i>Breakfast</i>
9 – 10:15 am	Session Ten/Session Two
10:45 am – 12 pm	Session Eleven/Session Three
12 – 1 pm	<i>Lunch</i>
	<i>Long Break</i>
4 – 5:15 pm	Session Twelve/Session Four
5:30 - 6:30 pm	<i>Dinner</i>
7:00 – 8:30 pm	Session Thirteen/Session Five

Sunday, Apr 22

7– 7:45 am	Morning Meditation
8 – 8:45 am	<i>Breakfast</i>
9 – 10:15 am	Session Fourteen/Session Six
(Please have the linens off your bed and outside your room before the next session starts)	
10:45 am – 12 pm	Session Fifteen/Session Seven
12 – 12:30pm	<i>Lunch</i>
(Please have all your possessions out of your room before the last session starts. Please bring your key to the session to turn in.)	
12:45-1:45 pm	Session Sixteen/Session Eight
2:00 pm	Leave