

Living Joyfully with a Faithful Heart

Weekend Retreat with Gen Kelsang Zopa

April 5 - 7, 2024

Middle Beach Lodge at the Beach

Tofino, BC

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

Friday, April 5

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 6

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 & Tea available</i>
10:45 am – 12 pm	Session Three
12:30 – 1:30 pm	<i>Lunch in Main Dining Room at the Headlands</i>
1:30-3:30 pm Long Break	<i>Time allowed for contemplation, private 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 7

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 & 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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