

How to Transform our Life with Lamrim Meditation

Four Day Retreat with Gen Kelsang Zopa

September 13 – 17, 2024

Bethlehem Retreat Centre

Nanaimo, BC

All Sessions will be in Shepherd Hall

Friday, September 13

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

Saturday, September 14

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

Sunday, September 15

7– 7:45 am	Morning Meditation
8 – 8:45 am	<i>Breakfast</i>
9 – 10:15 am	Session Six

(Weekend only Retreatants - Please have the linens off your bed and outside your room and your possessions in your car or in the back of the meditation hall before the next session starts. Bring your keys to the next session to turn in.)

10:45 am – 12 pm	Session Seven
12 – 1:00pm	<i>Lunch</i>
	Weekend only Retreatants Leave
	<i>Long Break</i>
4 – 5:15 pm	Session Eight
5:30 - 6:30 pm	<i>Dinner</i>
7:00 – 8:30 pm	Session Nine

How to Transform our Life with Lamrim Meditation

Four Day Retreat with Gen Kelsang Zopa

September 13 – 17, 2024

Bethlehem Retreat Centre

Nanaimo, BC

Monday, September 16

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

Tuesday, September 17

7– 7:45 am	Morning Meditation
8 – 8:45 am	<i>Breakfast</i>
9 – 10:15 am	Session Fourteen
(Please have the linens off your bed and outside your room before the next session starts.)	
10:45 am – 12 pm	Session Fifteen
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
2:00 pm	Leave