RETREAT WITH JAMES LOW

MARCH 22-25 2018

**“MINDFULNESS AND THE INTRINSIC CLARITY OF THE MIND”**

PROGRAMME

**MARCH 22nd 2018 – Thursday**

9.00-10.00 Welcome and check-in

10.00-13.00 Teachings and practice with break during the morning

13.00-15.30 Lunch and free time

15.30-18.30 Teachings and practice with break during the afternoon

18.45-19.30 Meditation

19.30-20.30 Dinner

**MARCH 23rd 2018 – Friday**

8.00-9.00 Breakfast

9.00-10.00 Meditation

10.00-13.00 Teachings and practice with break during the morning

13.00-15.30 Lunch and free time

15.30-18.30 Teachings and practice with break during the afternoon

18.45-19.30 Meditation

19.30-20.30 Dinner

**MARCH 24th 2018 – Saturday**

8.00-9.00 Breakfast

9.00-10.00 Meditation

10.00-13.00 Teachings and practice with break during the morning

13.00-15.30 Lunch and free time

15.30-18.30 Teachings and practice with break during the afternoon

18.45-19.30 Meditation

19.30-20.30 Dinner

**MARCH 25th 2018 – Sunday**

8.00-9.00 Breakfast

9.00-10.00 Meditation

10.00-13.00 Teachings and practice with break during the morning

13.00-15.30 Lunch and Goody Bye