

Golden Light Sutra Retreat

August 9-17, 2019

Followed by a day of rest: 18th then the Pilgrimage runs from 19th - 25th August

Saturday August 9

- 4.00pm Introduction to GLS Retreat
- 6.00pm Dinner
- 7.00pm First session with Venerable Birgit Schweiberer

Sunday August 10 — Friday August 16

- 6.45am Morning GLS recitation or meditation
- 7.30am Breakfast
- 9.00am GLS session
- 10.30am Break
- 10.45am Yin yoga
- 12 noon Lunch
- 2.00pm Discussion, Q & A
- 3.00pm Break
- 3.15pm Yin yoga
- 4.15pm Break
- 4.30pm GLS session
- 6.00pm Dinner
- 7.00pm GLS session or meditation

Saturday August 17

- 6.45am Morning GLS session or meditation
- 7.30am Breakfast
- 8.45am Yin yoga
- 10.00am Break
- 10.30am GLS session
- 12 noon Lunch

Sunday August 18

Free day to unwind or prepare for the Pilgrimage 19th - 25th August



This unique retreat will be lead by Ven. Dr Birgit Schweiberer, an FPMT qualified teacher. A special puja will be specifically compiled to honour this sutra and invoke its blessings for the world.

There will be teachings, meditation sessions, discussions with Ven. Birgit and yoga with Annie McGhee each day.

An **optional pilgrimage** to the ancient Mahayana sites of Sri Lanka will also be held from 19-25th August 2019 and led by Ven. Lekdron.

For more information, please contact Venerable Lekdron at info@taralanka.org or +94 (77) 0825126 Please follow us on Facebook @TaraLankaStudyGroup

