

**Typical programme of an Introductory Buddhist
Meditation Weekend retreat
(Rivendell Buddhist Retreat Centre)**

Friday

7.00	Supper
8.15	Introduction to the weekend
9.00	Posture session and Meditation

Saturday

7.15	Rise
8.00	Meditation
9.00	Breakfast
10.30	Meditation Workshop
	Tea break
12.00	Discussion Groups
1.15	Lunch
	Free time
4.00	Meditation Workshop 2
6.00	Supper
8.00	Talk on Buddhism
9.15	Chanting and Meditation
	Silence overnight

Sunday

7.00	Rise
7.30	Meditation
9.00	Breakfast
10.30	Discussion Groups
	Tea break
12.00	Meditation
1.00	Lunch
2.00	Clear up
3.00	Final meeting
4.00 ish	Depart