



The Buddhist Retreat Centre



THE AWAKENED MAN

Tame Your Mind, Revitalise Your Soul

Release - Realign - Rebirth

John Homewood

Friday 8 May 2026

17:30 **Supper**
 18:45 Teachings in Studio
 20:15 Evening Meditation in Meditation Hall

Saturday 9 May 2026

06:00 Rising Gong
 06:30 Sunrise **Inner Chi** in Studio*
 07:00 Morning Meditation in Meditation Hall
 07:30 **Breakfast**
 09:00 Workshop Session in Studio
 10:30 **Tea**
 11:00 Workshop Session in Studio*
 12:30 **Lunch**
 13:30 Free Time / Mindfulness Nature Walk
 15:00 **Tea**
 15:30 Workshop Session in Studio
 17:30 **Supper**
 18:45 Discussion and Teachings in Studio
 20:15 Evening Meditation in Meditation Hall

Shop hours

Saturday and Sunday
 08:00-09:00 and 13:00-14:00

Sunday 10 May 2026

06:00 Rising Gong
 06:30 Sunrise **Inner Chi** in Studio*
 07:00 Morning Meditation in Meditation Hall
 07:30 **Breakfast**
 09:00 Workshop Session in Studio*
 10:30 **Tea**
 11:00 Workshop Session in Studio*
 12:00 Loving Kindness Meditation in Meditation Hall
 12.30 **Lunch**



Noble silence



Noble Silence is observed from the evening meditation until after breakfast each day.

Protocol:

- * Sessions to be held outside, weather permitting
- Please ensure that you are punctual for each session.
- Please ensure that you attend all sessions and remain for the full duration of each session.