

## Lam Rim Programme 11 - 13 July 2008

The purpose of the weekend is to allow you to explore how stress, tension and negativity effects your life, and how you can use physical and mental yoga to release tension and relax. None of this programme is compulsory – you decide the sessions to join.

### Friday

4.30 to 6  
6 pm Arrive – get to know your way around, settle in  
Introductions + what you want from the weekend.  
A gentle stretch, exploring the breath and different sitting postures, relaxation  
7pm Supper  
8.00-8.30 Finding your stressors, your negative thought patterns etc.  
8.30 - Fire ceremony – burning negativity (weather permitting)  
9pm Stretch and relax -- yoga nidra with sankalpa  
9.30 Short sitting and lying Meditation using a positive affirmation  
**From the end of practice to breakfast** **Silence**  
10pm Bed

### Saturday

6am Wake up call  
6.30 Gentle stretch and mediation  
Walk around meditation path together in silence  
8am **End Silence** Breakfast  
9.00 – 9.30 Sitting in silent meditation in shrine room  
9.30 - 10am Talk on Stress how it affects our mind, body and breathe  
10.00 to 11.00 Karma Yoga (*helping out in the house and garden*)  
11am Tea break  
11.30 Getting rid of tension on many levels (outside)  
**1pm Lunch**  
2.30 -- 3pm Yoga Nidra—deep relaxation  
3..00 – 4.30pm Free time -- sleep, walk, read, lay in the grass and watch the clouds, have a bath / shower, -- do whatever you want.  
4.30 – 5pm Sitting in silent meditation in shrine room  
5pm Getting in touch with our energy body -- how to raise energy how to calm energy  
**6pm Supper**  
7.30 discussion on “ we never do anything we don’t want to do ” (outside)  
Connecting with nature at the end of the day allowing spaciousness and peace to become apart of who we are  
-----Walking mediation  
9am stretch, relaxation meditation—watching the breath  
**Silence**  
10pm Bed  
**Sunday**  
6.30 Wake up call  
7.00 -8am Morning practice  
**8am End Silence Breakfast**  
*Suggestion: pack up after breakfast ready to leave and load cars ( this will prevent packing in a rush at the last moment and allow time to ensure nothing has been left behind)*  
9.00 -9.30 Sitting in silent meditation in shrine room  
10.00.-11.00 Karma Yoga (*helping out in the house and garden*)  
11-11.30 tea break  
11.30 -1pm How do you feel now? How to maintain this inner calm in life? Grounding physical practice ---- getting ready for the world again  
**1pm lunch**  
2.30 Depart