



# KADAMPA MEDITATION CENTRE ADELAIDE

## THE HILLS RETREAT TIMETABLE 2023

	FRIDAY 21	SATURDAY 22	SUNDAY 23
BREAKFAST		7am to 8am	7am to 8am
MEDITATION SESSION		9am to 10am	9am to 10am
MORNING TEA		10am	10am
MEDITATION SESSION		11:30am to 12:30pm	
Q & A			11:30am to 12:30pm
LUNCH		12:30pm	12:30pm
AFTERNOON TEA		3pm	PACK DOWN AND CLEAN UP HELPERS WELCOME
MEDITATION SESSION		4:30pm to 5:30pm	
REGISTRATION	4pm to 6pm		
DINNER	6:30pm	6pm	
CHANTED MEDITATION		7:30pm to 8:45pm	
INTRODUCTION	8pm to 9pm		

THE BOOKSHOP WILL BE LOCATED ON THE LOWER FLOOR OF THE MEDITATION ROOM AND WILL BE OPEN AFTER EVERY SESSION (EXCLUDES SATURDAY NIGHT'S CHANTED MEDITATION)