

Sun 3rd - 8th May 2026 - Krishna's Otway Retreat / 2:00 pm arrival

Cultivating the Compassionate Path of a Bodhisattva

Day 1 - 3rd May

Time	Activity
2 pm	Arrival
3.00 pm	Welcome, introduction and orientation
5.00pm	Teaching - Cultivating Joyful effort through activities
6.30 pm	Dinner
7.30 pm	Teaching - Sacred sleep and the precious opportunity of waking
9.00 pm	Free time

Day 2 - 4th May

Time	Activity
7.30 am Silence	Meditation
8.30 am	Breakfast
9.30 am	Teaching - Overcoming bias with love and compassion
11:00pm	Morning tea
11:30pm	Teaching - Overcoming bias with love and compassion
1pm	Lunch
2pm	Centre activities - Cultivating Joyful effort
5.00 pm	Teaching - Overcoming bias with love and compassion
6.30pm	Dinner
7.30pm	Teaching - Generating Bodhicitta the mind of enlightenment
9.00pm	Free time

**Meditation activities will be held as part of the Teaching sessions*

Day 3 - 5th May

Time	Activity
7.30 am Silence	Meditation
8.30 am	Breakfast
9.30 am	Teaching - Generating Bodhicitta the mind of enlightenment
11:00pm	Morning tea
11:30pm	Teaching - Generating Bodhicitta the mind of enlightenment
1pm	Lunch
2pm	Centre activities - Cultivating Joyful effort
5.00 pm	Teaching - Generating Bodhicitta the mind of enlightenment
6.30pm	Dinner
7.30pm	Teaching - Releasing attachment through generosity
9.00pm	Free time

Day 4 - 6th May

Time	Activity
7.30 am Silence	Meditation
8.30 am	Breakfast
9.30 am	Teaching - Releasing attachment through generosity
11:00pm	Morning tea
11:30pm	Teaching - Releasing attachment through generosity
1pm	Lunch
2pm	Centre activities - Cultivating Joyful effort
5.00 pm	Teaching - Shaping behaviour with ethical discipline
6.30pm	Dinner
7.30pm	Teaching - Shaping behaviour with ethical discipline

Day 5 - 7th May

Time	Activity
7.30 am Silence	Meditation
8.30 am	Breakfast
9.30 am	Teaching - Shaping behaviour with ethical discipline
11:00pm	Morning tea
11:30pm	Teaching - Having patience in the face of difficulties
1pm	Lunch
2pm	Centre activities - Cultivating Joyful effort
5.00 pm	Teaching - Having patience in the face of difficulties
6.30pm	Dinner
7.30pm	Teaching - Having patience in the face of difficulties
9.00pm	Free time

Day 6 - 8th May

Time	Activity
7.30 am silence	Meditation
8.30 am	Breakfast
9.30 am	Teaching - Reflections on using meditation to observe reality
11:00pm	Morning tea
11:30pm	Reflections and learnings in and on the 6 Perfections
1pm	Lunch and farewell