

## 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 <b>Teaching</b> - Quick immersion in Buddhist Philosophy
5.00pm	<b>Teaching</b> - Cultivating Joyful effort through activities Integrating practice through the week
6.30 pm	Dinner
7.30 pm	<b>Teaching</b> - Sacred sleep and the precious opportunity of waking <b>Meditation</b>
9.00 pm	Free time

#### Day 2 - 4th May

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

### Day 4 - 6th May

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

**Day 5 - 7th May**

<b>Time</b>	<b>Activity</b>
7.30 am Silence	<b>Meditation</b>
8.30 am	Breakfast
9.30 am	<b>Teaching</b> - Shaping behaviour with ethical discipline
11:00pm	Morning tea
11:30pm	<b>Teaching</b> - Having patience in the face of difficulties <b>Meditation</b>
1pm	Lunch
2pm	Personal reflective time and preparation for white light ceremony
5.00 pm	<b>Teaching</b> - Having patience in the face of difficulties
6.30pm	Dinner
7.30pm	<b>Teaching</b> - Having patience in the face of difficulties <b>Mantra of Light ceremony</b>
9.00pm	Free time

**Day 6 - 8th May**

<b>Time</b>	<b>Activity</b>
7.30 am silence	<b>Meditation</b>
8.30 am	Breakfast
9.30 am	<b>Teaching</b> - 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