

Triratna Buddhist Community Leicester

**Together in Silence:
the heart of mindfulness and yoga
Silent day retreat with Alobhin and Nerissa**



Venue: Christchurch, Clarendon Park Road LE2 3AH

Date: Saturday 20th October 10.00am – 4.15pm

Programme

- 10.00 Arrive
- 10.15 Introductions and then silence till 3.00pm
- 10.30 Mindfulness yoga
- 11.55 Break – own space
- 12.15 Talk on the Sacred Heart
- 1.00 Lunch
- 1.45 Body scan/ Guided relaxation
- 2.15 Gentle yoga stretches with the heart
- 2.30 Metta Bhavana (Loving kindness meditation)
- 3.00 Discussion – Sharing of the Sacred Heart
in pairs, in small groups, as the larger group
- 4.15 Finish

(NB all times approximate)

Please bring vegetarian lunch to share – and a notebook.

Charge by donation; suggested donation £15