

Daily programme

7.30 – 8.30 Meditation and readings related to the daily theme (Except first Saturday)

10.00 – 10.30 Talk

10.30 – 11.00 Meditation

11.00 – 12.00 Groups

2.30 - 3.00 Q and A with panel

3.00 - 3.30 Meditation

3.30 - 4.30 Groups

7.30 – 8.00 Meditation

8.00 – 8.45 Ritual and readings

Daily theme

1. **Sangha and the power of Eros**

(What brings us alive? What steals our life? Fear, longing and friendship)

2. **Establishing the foundations of receptivity**

(Establishing Active listening and embodied presence to help us meet.)

3. **Finding our own gateway into the Sangha mandala**

(Recognising the different modes through which we can participate in Sangha)

4. **Connecting with the world and each other through art and ritual**

(Poetic knowing. Holding loosely and weaving the ordinary and the Sacred through enlivening the Imaginal Faculty)

5. **The cremation ground of mirrors and veils**

(Sangha as a mirror and its potential for joyful release from the veils of our conditioning)

6. **Healing the ancestors**

(Individual practice and cultural conditioning. Transforming the family and societal stories that we have received from our ancestors and so often play out in our relations with each other)

7. **Finding our seat in the relational field**

(The practice of discerning the Dharma door of form and emptiness in relation to Sangha)