

## Summer Forest Week - Sun 4<sup>th</sup> July To Sat 10<sup>th</sup> July

Days/ Times	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Morning Work Periods	<b>ARRIVE</b>	(8.30-11.00) Work Period	(8.30-11.00) Work Period	(8.30-11.00) Work Period	(8.30-11.00) Work Period	(8.30-11.00) Work Period	(8.30-11.00) Work Period & Clearing Up
Lunch Breaks	(11.30-1.30) <b>STARTS With</b> Blessing & Meal At The Monastery	(11.30-1.30) Lunch Break	(11.30-2.00) Lunch Break	(11.30-1.00) Lunch Break	(11.30-1.30) Lunch Break	(11.30-1.30) Lunch Break	<b>ENDS With</b> Blessing & Meal At The Monastery (11.30)
Afternoon Activities	(1.30-4.30) <b>Introduction</b> & <b>Guided Walk;</b> History & Present Day Management	(1.30-4.30) Work Period	(2.00-4.30) <b>Guided Walk</b> Chris Howkins (Ethnobotanist)	(1.00-3.30) <b>Guided Walk</b> John Luck (Dragonflies)	(1.30-4.30) Work Period	(1.30-4.30) Work Period	<b>DEPART</b>
Evening Events:	(7.30-8.30) Guided Meditation In Dharma Hall	(7.30-8.30) Forest Puja & Meditation At Yew Tree	(7.30-8.30) Forest Puja & Meditation At Yew Tree	(7.30-8.30) Forest Puja & Meditation At Yew Tree	(9.15-11.15) Bat & Nightjar <b>Guided Walk</b> From Rocana Martin Love (Bat Expert)*	(7.30-8.30) Forest Puja & Meditation At Yew Tree	

There is limited house accommodation for male visitors and no house accommodation for female visitors at this time, but there is camping for both male and female participants, and day visits are very welcome

For accommodation /further information, and to book your place for a day or more, or for any of the events/activities above, please call Paul Bruce on 07766900622

All activities start & finish at The Workshop by the main house of the monastery unless otherwise stated, or informed during the week.

PLEASE NOTE that the guided walks do not have wheelchair access and are only suitable for those who can cope with rough paths, small but some steep slopes and for people who are prepared to stay out for the time allotted. wear sturdy walking shoes or boots.

\*Please bring a torch for this night-time walk, you will be walking in the dark along rough paths, and suitable clothing as it may be cold