

Summer Forest Work Week 2017 Sat 22nd July To Sat 29th July

PROGRAMME:

Days/ Times	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Morning Work Periods	ARRIVE	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	8.30- 11.00 Work Period & Clear Up
Lunch Breaks	11.30- 1.30 STARTS With Blessing & Meal at Monastery	11.30-1.30 Lunch Break	11.30- 1.30 Lunch Break	11.30- 1.30 Lunch Break	11.30- 1.30 Lunch Break	11.30- 1.30 Lunch Break	11.30- 1.30 Lunch Break	11.30- 1.30 ENDS With Blessing & Meal at Monastery
After- noon Activity	1.30- 4.30 Welcome Intro & Camp- site Set Up	1.30-4.30 Work Period	1.30-4.30 Wildlife Walk - TBC	1.30- 4.30 Work Period	1.30-4.30 Wildlife Walk - Otters, Rivers & Lakes with Fran Southgate	1.30- 4.30 Work Period	1.30- 4.30 Work Period	DEPART
Night Events:	7.30- 8.30 Dhamma Hall Puja & Talk	7.30-8.30 Dhamma Hall Guided Meditation	7.30-8.30 Forest Puja	7.30- 8.30 Aloka Shrine Meditati on	7.30-8.30 Dhamma Hall Puja/ Meditation	7.30- 8.30 Forest Puja	7.30- 9.30 Bonfire Party	

Residential accommodation is camping only, for both men and women.

Day visits from lunchtime onwards are welcome by prior arrangement
(meet at the workshop 1.00 pm)

The work improves the forest for the benefit of its wildlife, the monastic community, and visitors who use it. Some of the tasks are quite physical but most can be carried out by men and women of average fitness. They include things like 'weeding' or cutting bracken, birch and balsam, clearing paths & ponds, & repairing steps, signs & fences. Sturdy boots & work clothes are essential.

Work periods generally start at the 'campsite' kuti; Ananda kuti. this year

Guided walks start & finish at The Workshop by the main house. Walks are led by experts. They are suitable for those who can cope with rough paths, some steep slopes, and a 2 to 3 hour slow walk.

For further information, and to book your place for the week, or a few days, Or to arrange your day visit, or for any of the programmed events/activities, please call; Paul Bruce on 07766900622 or email forest@cittaviveka.org