

Weekend Retreat Schedule

**Combined teachings By Lama Glenn Mullin on the Nyenpo Sum
(Vajrapani/Hayagriva/Garuda), with Lojong, Bodhisattva Mind Training:
The Living Tradition of the Universal Hero/Heroine**

Friday, March 16, 7:00 p.m. – Sunday, March 18, 3:30 p.m.

Friday evening, March 16

Theosophical Society registration and check-in: 6:00 – 7:00 p.m.

Theosophical Society introduction and orientation: 7:00 – 7:15 p.m.

Evening session: 7:15 – 8:00 p.m. Introduction to Atisha's Lojong teachings and Nyenpo Sum teachings

Tea break: 8:00 – 8:15 p.m.

8:15 – 8:45 p.m. introductory teachings continued

8:45 – 9:00 p.m. Group meditation

Saturday, March 17

Breakfast: 8:00 – 9:00 a.m. (included on campus for all retreatants)

Morning session – Initiation into the Mandala of Vajrapani/Hayagriva/Garuda 10:00 a.m. – 12:45 p.m.

Tea break: time unspecified

Lunch break: 1:00 – 2:00 p.m. (included on campus for all retreatants)

Afternoon session – Teachings and practice on Lojong 2:00 – 4:30 p.m.

Tea break: 3:00 – 3:15 p.m.

Meditation (including walking meditation, weather permitting) 4:00 – 4:30 p.m.

Dinner: off campus (as a group/or on your own, not included in retreat)

Evening session: 8:00 – 10:00 p.m.

Teachings and meditation continued (including walking meditation, weather permitting)

Tea break: 9:00 – 9:15 p.m.

Sunday, March 18

Breakfast: 8:00 – 9:00 a.m. (included on campus)

Morning session

Teachings and meditation/practice continued

10:00 a.m. – 12:30 p.m.

(walking meditation may be included weather permitting)

Includes tea break

Lunch break: 1:00 – 2:00 p.m. (included on campus)

Concluding session: 2:00 – 3:30 p.m.

Teachings and meditation/practice continued

Please note: We will cover both Nyenpo Sum and Logjong teachings (and perhaps other relevant Tibetan meditational practices) during these sessions and have a hands-on immersion. Sessions will be held in two parts divided by tea breaks. Please note that the schedule is flexible and may be adapted to suit the needs of participants or teacher.

If staying on campus please bring basic toiletries, any medicines, vitamins, supplements, etc., that you may need. You may also want to have an alarm clock. Chairs will be provided for meditations or you may bring your own cushion, bench, and mat.

All meals are ovo-lacto vegetarian, with a vegan alternative available for people who make a request in advance. Snacks and beverages will be provided throughout.