

# ***TEN DHARMAS OF NAROPA — NARO CHÖCHÚ***

## **Weekend Meditation Retreat with Lama Glenn Mullin**

Theosophical Society, Wheaton Il

### Schedule

Friday, March 6, 7:00 p.m. – Sunday, March 8, 3:30 p.m.

### **Friday evening** March 6, 2020

Theosophical Society registration and check-in: 6:00 – 6:50 p.m.

Theosophical Society introduction and orientation: 7:00 – 7:10 p.m.

Evening session: 7:10 – 8:45 p.m.

Introductory Teachings *The Ten Dharmas of Naropa — NARO CHÖCHÚ*

Tea break: 8:00 – 8:15 p.m.

8:15 – 8:45 p.m. Introductory teachings continued (10 minute meditation)

### **Saturday morning** March 7, 2020

7:30 to 8:00 a.m. Related meditation practice (led by Stephanie Arena)

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

Morning session – 10:00 a.m. – 11:00 a.m.

Principles of the Ten Dharmas of Naropa

11:00 — 12:30 p.m. Principles of Tummo practice (*The most important of the Ten Dharmas is tummo or “inner fire”*)

Tea break: time unspecified

Lunch break: 12:15 – 1:15 p.m. (included on campus for all retreatants)

**Saturday afternoon** – 1:30 – 4:30 p.m.

Tummo Practice Teachings continued

Tea break: 3:00 – 3:15 p.m.

Teachings with related meditation practice 3:15 – 4:30 p.m.

4:30 – 6:30 p.m.

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

**Saturday evening session** – 6:30 – 7:45 p.m.

### ***HEVAJRA EMPOWERMENT PART I***

Highest Yoga Tantra Initiation Bringing Lineage Transmissions and Lineage Blessings

8 – 10 p.m. ***Special Event*** — Chicago Film Premier of ***Precious Guru***

Film introduction by Lama Glenn, screening, question/answer/discussion

(\$10. donation suggested to off-set film screening fee)

### **Sunday** March 8

7:30 to 8:00 a.m. meditation practice (led by Stephanie Arena)

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

Morning session

### **HEVAJRA EMPOWERMENT PART II** — 10:00 a.m. – 12:30 p.m.

Tea break: time unspecified

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

Concluding session: 2:00 – 3:15 p.m. Discussion and clarification of Tummo teachings and practice

Breakdown and Cleanup of Retreat Room: 3:15 to 3:45 pm

Please note: The schedule is a basic outline; specifics in topics may vary and will be adapted to fit the needs of specific participants.

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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.