

Tibetan Powa Yoga: A Tantric Practice for Obtaining Enlightenment and Optimal transition

Weekend Retreat

By Lama Glenn Mullin

Schedule

Friday, February 15, 7:00 p.m. – Sunday, February 17, 3:30 p.m.

Friday evening, February 15

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

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

Evening session: 7:15 – 8:00 p.m. Introductory Teachings to Powa Yoga as transmitted into Tibet in the lineages known as the Six Yogas of Niguma and Six Yogas of Naropa

Tea break: 8:00 – 8:15 p.m.

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

8:45 – 9:00 p.m. Meditation practice

Saturday, February 16

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

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

Morning session – 10:00 a.m. – 12:45 p.m.

Principles of the Powa Practice (and deeper meaning)

Tea break: time unspecified

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

Afternoon session – 2:00 – 4:30 p.m.

Powa Practice Teachings continued

Tea break: 3:00 – 3:15 p.m.

Meditation Practice 4:00 – 4:30 p.m.

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

Evening session – 7:00 – 9:00 p.m.

Powa and Dream Yoga—Their Interconnectedness and Combined Practice

Tea break: time unspecified

Sunday, February 17

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

Powa Empowerment — Initiation Bringing Lineage Transmissions and Lineage Blessings

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 – 3:30 p.m. Discussion and Clarification of Powa Teachings and Practice

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

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.