

SATURDAY

6am - 7:30am: Introduction

Talks by the Lamas
Transmission

Short Break : 15 minutes

7:45am-8:45am: Practice Session 1

Heart Sutra and prayers
Anam Thubten leads Chöd Practice: White Feast

Short Break: 15 minutes

9-9:45am: Teaching

Elizabeth Mattis Namgyel

Long Break: 9:45-11:15

11:15-12:15: Practice Session 2

Heart Sutra and Prayers
Anam Thubten leads Chöd practice: Variegated Feast

Short Break: 15 minutes

12:30-1:30: Practice Session 3

Heart Sutra and prayers
Anam Thubten leads Chöd Practice: Red Feast

Long Break: 1:30-3pm

3:00-3:45 Teaching

Anam Thubten

Short Break: 15 minutes

4:00-5:00: Practice Session 4

Heart Sutra and prayers
Anam Thubten leads Chöd Practice: Black Feast

5:00-5:15: Day 1 Closing Announcements

SUNDAY

6am-7am: Practice Session 1

Heart Sutra and prayers

Elizabeth Mattis Namgyel leads Chöd practice: White Feast

Short Break: 15 minutes

7:15-8am Teaching

Elizabeth Mattis Namgyel

Short Break: 15 minutes

8:15-9:15: Practice Session 2:

Heart Sutra and prayers

Elizabeth Mattis Namgyel leads Chöd practice: Variegated Frest

Long Break: 9:15 - 10:45am

10:45-11:45: Practice Session 3

Heart Sutra and prayers

Elizabeth Mattis Namgyel leads Chöd Practice: Red Feast

Short Break : 15 minutes

12:00 - 12:45pm: Teaching

Anam Thubten

Long Break: 12:45 - 2:30am

Optional Chöd Drum Instruction: 1:30-2:15pm

2:30-3:30: Practice Session 4

Heart Sutra and prayers

Elizabeth Mattis Namgyel leads Chöd Practice: Black Feast

Short Break : 15 minutes – Prepare Ganachakra

3:45-5:15pm:Tsok

5:15 - 5:30pm: Retreat Closing