

Buddhist Winter Retreat Program

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0500hrs	Pre Tour Ends	Meditation	Meditation	Meditation	Meditation	Meditation	Farewell Meditation
0600hrs		Kunn-nye	Kunn-nye	Himalayan Rites	Kunn-nye	Himalayan Rites	
0730hrs		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
0830hrs	Arrival	Introductory Teachings by a Rinpoche (Sand Mandala Building Begins)	Start Tiger's Nest Pilgrimage	Teachings	Teachings	Teachings	Departure
0900hrs			Meditative Walk to Tea house (with prayer beads)				
1030hrs		Tea Break	Tea Break	Tea Break	Tea Break	Tea Break	
1100hrs		Padmasambhava Teachings	Prayer Flag Hoisting & Butter Lighting ceremony (with Group photograph)				
1200hrs			Lunch at 2nd Viewpoint				
1300hrs		Lunch		Lunch	Lunch	Lunch	
1400hrs		Personal Reflection/ Spa Time	Arrive Takstang (Temple visit with Longevity Blessing)	Personal Reflection/ Spa Time	Personal Reflection/ Spa Time	Empowerment at Kyichu Temple	
1500hrs			Silent descent				
1600hrs		Rest					
1700hrs		Introduction/ Orientation	Guru's Teachings continues	Arrive Hotel	Teachings	Teachings	
1800hrs	Evening Meditation	Evening Meditation	Rest	Singing Bowl Meditation	Evening Meditation		
1900hrs	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
2000hrs	Ritual Cake Ceremony	Traditional Bhutanese Medicine Talk	Divine Mad monk Talk	Thangka Painting Talk	Buddhist Symbolism Introduction	Wiping Sand Mandala Ceremony	Post Tour Begins

Special Events Description

Day	Time	Title	Description
All Week		20 Hours of Buddhist Teachings	The teachings will be given by world renowned spiritual teachers, Rinpoches and Lamas on subjects as varied as 'Business and Buddhism' to 'Emptiness of All Phenomena'
Sunday	1700hrs	Introduction/Orientation	The assembled participants will be introduced and provided with information on course content and general conditions of the programs
	2000hrs	Ritual Cake Making Ceremony	The participants will be shown how elaborate ritual cakes (tormas) that are offered on the altars are made
Monday	0600hrs	Kunn-nye	The Tibetan art of relaxation of body through use of mind
	0830hrs	Sand Mandala Building	The mandalas are meditation tools, painted also, which will be made with different colored sand. The participants can soak in the atmosphere of the preceding rituals of the Mandala, performed with full religious orchestra.
		Padmasambhava Teaching	The teachings of Nyingma tradition or the 'Ancients' will be introduced. It is called the Padmasambhava teachings after the name of its founder Guru Rinpoche or Padmasambhava
	2000hrs	Talk on Traditional Bhutanese Medicine	A talk on indigenous medicine practiced in the country will be given, featuring different herbs found in the country and use of acupuncture.
Tuesday	0500hrs	Himalayan Rites	A gentle exercise using techniques that have evolved in the Himalayan region
	0900hrs	Meditative Walk	The walk as instructed by accompanying Rinpoche will help the mind be aware of every movement of the body, thereby keeping the mind 'here and now' ultimately gaining proper control and concentration of mind.
	1100hrs	Prayer Flag Hoisting Ceremony	The guests will participate in stringing of 'Lungdha' or prayer flags that helps increase one's aura thereby keeping misfortune away and attracting good luck.
		Butter Lamp Lighting Ceremony	A thousand butter lamps will be offered by the participants for all the sentient beings, along which group photograph will be taken of the guests.
	1430hrs	Temple Visit with Longevity Blessing	the guests will participate in Longevity ceremony conducted by monks from nearby monastery, after visiting some of the temples.
	1530hrs	Silent Descent	To appreciate the unearthly atmosphere of the place, the participants will be encouraged to take vow of silence for the day. The whimsical nature of mind maybe understood during the silent walk.
	2000hrs	Divine Mad Monk Talk	An account of the divine mad monk and his unconventional teachings will be featured with its relevance to present hypocrisy
Wednesday	1030hrs	Tea Ceremony	traditional butter tea will be served along with full ceremony of serving and preparing as in ancient court of noble
	2000hrs	Thangka Painting Talk	The rich ancient art of scroll painting to be discussed with relevance to imbibing the mind of Buddha
Thursday	2000hrs	Buddhist Symbolism Talk	A opportunity to learn about Buddhist symbols and their meanings in interactive talk.
Friday	1420hrs	Empowerment at Kyichu Temple	In 7th century temple, receive empowerment blessing with a of initiation into particular teachings and related mantra is conducted for all.
	1730hrs	Chhod Ceremony	A group of nuns from a high pass retreat will be invited to perform rituals which will appease the guardian deities
	2000hrs	Wiping Sand Mandala Ceremony	in show of impermanent nature of all phenomena, the Mandala that was created meticulously through the week will be disseminated.
Saturday	0500hrs	Farewell Meditation	Reflect, using analytical meditation, the 'empty nature' of mind and everything.

Buddhist Winter Retreat Schedule

	Week	Retreat Type	Main Teacher	Lineage	Language	Person In charge	Status		
							Confirmed	Tentative	Offered
December	2nd - 8th (Starting Sunday)	Tara Teachings	Tsulak Lama	Drukpa Kagyu	English	Lopen Goemba	X	X	X
	9th - 15th	Buddhist Level II	Gangtey Trulku		English	Tenzin Thinley	X	X	X
	16th - 22nd	Buddhist Level III	Gangtey Trulku		German/ French	Lopen Wangchuk			X
	23rd - 29th	Holiday program							
	30th - 5th	Holiday program							
January	6th - 12th	Buddhism in Business	Sogyal Rinpoche	Dzongchen	English	Morro		X	X
	13th - 19th	Buddhist Level I							
	20th - 26th	Bhutanese Medicine			English	Julia			
	27th - 02nd Feb	Buddhist Level II							
February	3rd - 9th	Spiritual Sharing	Gregory Possman			Gregory Possman		X	X
	10th - 16th	Thangka Painting	Dzongsar Khyentshe		French/English				X
	17th - 23rd	Buddhist Level III							
	24th - 1st March	Bhutan Textile							
March	2nd - 8th	Bhutanese Medicine	Julia Jus M.D. (M.A.) DIHom		English	Julia	X	X	X
	09th - 15th (Ending Saturday)	PARO FESTIVAL							