

# JUNE RETREAT SCHEDULE - 2024

## MONDAY AFTERNOON and EVENING

- 3 – 5 pm Check-in for those staying at Santa Sabina
- 5:00 pm Welcome and Santa Sabina Orientation
- 6:00 pm Dinner
- 7:00 pm Chenrezig Practice

## DAILY SCHEDULE TUES. – SAT.

- 6:00 am Meditation Silent (optional)
- 7:00 am Lujong on the lawn and on zoom
- 8:00 am Breakfast
- 9:00 am Extraordinary Shamatha & Extraordinary Vipashyana- Lama Döndrup
- 10:30 am Break
- 11:00 am Silent Meditation
- 12:00 pm Lunch
- 1:30 pm Extraordinary Mahamudra – Lama Palden
- 3:00 pm Break
- 3:30 pm Yoga in the Main Shrine Room and on zoom
- 4:45 pm Break
- 5:15 pm Silent Meditation
- 6:00 pm Dinner
- 7:15 pm Evening Practices (announced in the future)

## SATURDAY EVE:

- 7:30pm Practice and Tsok Celebration

## SUNDAY

- 8:00 am Breakfast (time to pack)
- 9:30 am Meditation and Closing Gathering
- 12:00 pm Farewell – Lunch available  
Volunteers help take down and pack items for transport
- 1:00 pm All residents need to be out of rooms and center