

Sun. Sept. 26th. Arrive after 2:00pm, set up for retreat, have dinner, orientation in shrine room, prayers

Mon. Sept. 27th. First day of retreat, **2nd session Bodhicitta vows and 3rd session Sera Khandro's guru yoga teaching.**

Tues. Sept. 28th. Retreat schedule of Teachings and practice

Wed. Sept. 29th. Retreat schedule of Teachings and practice

Thurs. Sept. 30th. Retreat schedule of Teachings and practice

Fri. Oct. 1st. Nyen Ne: In the morning the one day vows will be given according to the Mahayana tradition. Eat breakfast and lunch, then have only liquids for the rest of the day. Dakini day tsok, Chod teaching.

Sat. Oct 2nd. **3rd session White Tara Empowerment**

Sun. Oct 3rd. Retreat schedule of Teachings and practice with focus on **Tara Practice**

Mon. Oct 4th. 1st session 6:30am, Ngondro followed by Shower of Blessings and Bounteous Blessing Clouds Tsok, breakfast at 8:30, be out of Galilee by 12:00pm at the latest. Retreat dissolution!!!