



Please read all the information below thoroughly.

<b>His Eminence Luding Khen Rinpoche Retreat Program</b> <b>(20 Oct – 01 Nov 2017)</b> <b>Venue: Bojjhanga Bhavana Centre, Bali</b>		<b>Lineage Guru</b> <b>Event /</b> <b>Venue</b>
20 Oct (Fri)	<b><u>Arrival at Retreat Place</u></b> 1. Room allocations and familiarization. 2. Everyone must settle down today	Bojjhanga Bhavana Centre, Bali
21 to 22 Oct (sat & sun)  Starting 9am	<b><u>Pre-Retreat Teachings:</u></b> <b>2 sessions: Morning and afternoon</b> <b>Pre-requisite: 7 days Vajrayogini Teaching with Body Mandala and Uncommon Meditation Beyond Thought (Sakya Narokachod Tradition)</b>	Bali Centre, Main Hall
23 to 24 Oct (Mon-Tue)	<b><u>Two - Day preparation for Retreat for Individual Needs:</u></b>  Individual needs: a) Vajra, bell damaru (optional) & skull cup. b) Cross Vajra mat or photo copy of cross Vajra and laminate it for sitting. c) MALA and counting beads d) Long Vajrayogoini Sadhana and 7- day Teaching material s includeing Body Mandala and Uncommon Meditation beyond thought.	
25 Oct (Wed)	<b><u>Starts of Retreat: DAY 1</u></b>	Individual rooms for 4 retreat

Start retreat	<p>4 sessions:</p> <ol style="list-style-type: none"> <li>1) <b>1<sup>st</sup> session:</b> 5.30am to 7.00am</li> <li>2) Breakfast: 7am</li> <li>3) <b>2<sup>nd</sup> session:</b> 8.30am to 11am</li> <li>4) Lunch: 12 noon to 1pm</li> <li>5) <b>3<sup>rd</sup> session:</b> 2pm to 5pm</li> <li>6) <b>Q&amp;A with Rinpoche:</b> 5.30pm to 6.30pm  <b>No Q&amp;A session on 1<sup>st</sup> Day:</b> Subsequent days Rinpoche answer the previous night questionnaire. Q&amp;A session with Rinpoche from 2<sup>nd</sup> Day onwards:</li> <li>7) <b>Dinner:</b> 6.30pm to 7.30pm  collect questions during dinner time for the next day Q&amp;A session.</li> <li>8) <b>4<sup>th</sup> Session:</b> 7.30pm to 9.30pm</li> <li>9) <b>Sleeping yoga:</b> after 4<sup>th</sup> session retreat, retreatants must go to sleep immediately with sleep yoga.( NO other activities are allowed)</li> <li>10) Wake up with <b>Arising Yoga</b></li> </ol>	sessions practice
26 Oct (Thu) to 29 Oct (Sun)	<p><b><u>Retreat: DAY 2 to DAY 5</u></b></p> <p>4 sessions:</p> <ol style="list-style-type: none"> <li>1) <b>1<sup>st</sup> session:</b> 5.30am to 7.00am</li> <li>2) Breakfast: 7am</li> <li>3) <b>2<sup>nd</sup> session:</b> 8.30am to 11am</li> <li>4) Lunch: 12 noon to 1pm</li> <li>5) <b>3<sup>rd</sup> session:</b> 2pm to 5pm</li> <li>6) <b>Q&amp;A with Rinpoche:</b> 5.30pm to 6.30pm  Rinpoche answer the previous night questionnaire.</li> <li>7) <b>Dinner:</b> 6.30pm to 7.30pm  Collect questions during dinner time.</li> <li>8) <b>4<sup>th</sup> Session:</b> 7.30pm to 9.30pm</li> <li>9) <b>Sleeping yoga:</b> after 4<sup>th</sup> session retreat, retreatants must go to sleep immediately with sleep yoga.( NO other activities are allowed)</li> <li>10) Wake up with <b>Arising Yoga</b></li> </ol>	Individual rooms for 4 retreat sessions practice

30 Oct (Mon)	<p><b><u>Retreat: DAY 6</u></b></p> <p>4 sessions:</p> <ol style="list-style-type: none"> <li>1) <b>1<sup>st</sup> session:</b> 5.30am to 7.00am</li> <li>2) Breakfast: 7am</li> <li>3) <b>2<sup>nd</sup> session:</b> 8.30am to 9.30am (short morning session)</li> <li>4) <b>Fire Puja; 10am</b></li> <li>5) Lunch: 12 noon to 1pm</li> <li>6) <b>3<sup>rd</sup> session:</b> 2pm to 5pm</li> <li>7) <b>Q&amp;A with Rinpoche:</b> 5.30pm to 6.30pm <ol style="list-style-type: none"> <li>a. Rinpoche answer the previous night questionnaire.</li> </ol> </li> <li>8) <b>Dinner:</b> 6.30pm to 7.30pm <ol style="list-style-type: none"> <li>a. Collect questions during dinner time.</li> </ol> </li> <li>9) <b>4<sup>th</sup> Session:</b> 7.30pm to 9.30pm</li> </ol> <p><b>10)Sleeping yoga:</b> after 4<sup>th</sup> session retreat, retreatants must go to sleep immediately with sleep yoga.( NO other activities are allowed)</p> <p>11)Wake up with <b>Arising Yoga</b></p>	<p>Individual rooms for 4 retreat sessions practice</p> <p>2<sup>nd</sup> session- short morning session with Fire puja at Fire puja ground</p>
31 Oct (Tue)	<p><b><u>Final of Retreat: DAY 7</u></b></p> <p>2 sessions:</p> <ol style="list-style-type: none"> <li>1) <b>1<sup>st</sup> session:</b> 5.30am to 7.00am</li> <li>2) Breakfast: 7am</li> <li>3) <b>2<sup>nd</sup> session:</b> 8.30am to 9.30am (short morning session)</li> <li>4) <b>Tsog session to conclude the whole retreat: 10am</b></li> <li>5) Lunch: 12 noon to 1pm</li> </ol>	<p>Individual rooms for 2 retreat sessions practice</p> <p>2<sup>nd</sup> session short morning session with Tsog</p>
01 Nov (Wed)	Depart Bali	

