

Mahamudra Vipashyana Retreat: THE NATURE OF MIND with Acharya Lama Tenpa Gyaltzen

Nalandabodhi East Coast Centers - Sept. 6-8, 2024

| | ONSITE SCHEDULE | | | ONLINE SCHEDULE | | |
|--------------------|-----------------|---------|---|-----------------|---------|---|
| | From* | To | Description | From* | To | Description |
| Friday, Sept. 6 | 4:00 PM | 6:00 PM | Arrival and Registration Check-in | | | |
| | 6:00 PM | 7:00 PM | Dinner | | | |
| | 7:00 PM | 7:30 PM | Meditation | 7:00 PM | 7:30 PM | Meditation |
| | 7:30 PM | 7:40 PM | Welcome and opening remarks | 7:30 PM | 7:40 PM | Welcome and opening remarks |
| | 7:40 PM | 9:00 PM | What is Mahamudra? A conversation with Acharya Lama Tenpa Gyaltzen | 7:40 PM | 9:00 PM | What is Mahamudra? A conversation with Acharya Lama Tenpa Gyaltzen |

| | ONSITE SCHEDULE | | | ONLINE SCHEDULE | | |
|----------------------|-----------------|----------|--|-----------------|----------|--|
| | From* | To | Description | From* | To | Description |
| Saturday, Sept. 7 | 8:00 AM | 9:00 AM | Breakfast | | | |
| | 9:15 AM | 10:00 AM | Meditation | 9:15 AM | 10:00 AM | Meditation |
| | 10:00 AM | 10:15 AM | Coffee/Tea Break | 10:00 AM | 10:15 AM | Break |
| | 10:15 AM | 10:30 AM | Settling meditation | 10:15 AM | 10:30 AM | Settling meditation |
| | 10:30 AM | 12:00 PM | Teaching #1 by Acharya Lama Tenpa Gyaltzen | 10:30 AM | 12:00 PM | Teaching #1 by Acharya Lama Tenpa Gyaltzen |
| | 12:00 PM | 1:00 PM | Lunch | 12:00 PM | 1:00 PM | Offline |
| | 1:00 PM | 1:45 PM | Personal time | 1:00 PM | 1:45 PM | Lunch break / Personal time |
| | 1:45 PM | 2:00 PM | Settling meditation | 1:45 PM | 2:00 PM | Settling meditation |
| | 2:00 PM | 3:00 PM | Meditation led by Lama Tenpa | 2:00 PM | 3:00 PM | Meditation led by Lama Tenpa |
| | 3:00 PM | 3:30 PM | Coffee/Tea Break | 3:00 PM | 3:30 PM | Break |
| | 3:30 PM | 5:00 PM | Teaching #2 by Acharya Lama Tenpa Gyaltzen | 3:30 PM | 5:00 PM | Teaching #2 by Acharya Lama Tenpa Gyaltzen |
| | 5:00 PM | 6:00 PM | Personal time | | | |
| | 6:00 PM | 7:00 PM | Dinner | | | |
| | 7:30 PM | 9:00 PM | [optional] Dharma songs and socializing (bring your NB songbooks!) | | | |

| | ONSITE SCHEDULE | | | ONLINE SCHEDULE | | |
|--------------------|-----------------|----------|--|-----------------|----------|--|
| | From* | To | Description | From* | To | Description |
| Sunday, Sept. 8 | 8:00 AM | 9:00 AM | Breakfast | | | |
| | 9:15 AM | 10:00 AM | Meditation | 9:15 AM | 10:00 AM | Meditation |
| | 10:00 AM | 10:15 AM | Coffee/Tea Break | 10:00 AM | 10:15 AM | Break |
| | 10:15 AM | 10:30 AM | Settling meditation | 10:15 AM | 10:30 AM | Settling meditation |
| | 10:30 AM | 12:00 PM | Teaching #3 by Acharya Lama Tenpa Gyaltzen | 10:30 AM | 12:00 PM | Teaching #3 by Acharya Lama Tenpa Gyaltzen |
| | 12:00 PM | 1:00 PM | Lunch | | | |
| | 1:30 PM | 2:30 PM | [optional] meeting with Acharya Lama Tenpa Gyaltzen and Mitra Mark Power | | | |
| | 2:30 PM | 4:00 PM | Retreat take down | | | |

*All times are in US Eastern Daylight Time