SAMPLE NYUNGNE SCHEDULE

All times are approximate. The actual sequence and timing of events will be as directed by the retreat master, Ven. Lama Dudjom Dorjee.

FRIDAY – EVENING ORIENTATION AND ASSIGNMENTS

Orientation 7:30 TO 9 P.M. – A review of the text for new participants or those wishing a refresher. Duties for the retreat will be assigned. All are required to attend.

SATURDAY – NYUNGNE STARTS

6 am to 12 noon – Morning Session. Vow-taking, Chenrezik (1000 armed) practice, tea and juice. There will be no breakfast.

Noon to 2 pm – rest period and lunch. Special foods for lunch – see dietary requirements e-mail. No solid food may be taken after you rise from the table.

2 to 5 pm – Afternoon Session. Chenrezik (1000 armed) practice, tea and juice. No dinner.

5 pm to 6:30 pm – Mahakala Practice.

Those keeping vows should not have food or drink after 10 pm Saturday and keep silence (no talking for any reason).

SUNDAY – THE DAY OF SILENCE AND FASTING

6 am to 12 noon – Morning Session. vow-taking, Chenrezik (1000 armed) practice, same as Saturday but without drinks or talking.

Noon to 2 pm – rest period

2 to 5 pm – Afternoon Session. Chenrezik (1000 armed) practice

5 pm to 6:30 pm – Mahakala Practice.

MONDAY – END OF RETREAT

4:30 am to 7 am. Final session. Retreat ends.