

2023 Tsegyalgar East Summer Sangha Retreat at Khandroling - Daily Schedule

	Fri 7/7	Sat 7/8 Newcomers Day	Sun 7/9	Mon 7/10	Tues 7/11	Weds 7/12	Thurs 7/13	Fri 7/14	Sat 7/15
6-7AM			Goma Devi – Bodhi	Goma Devi – Bodhi	Goma Devi – Bodhi	Goma Devi Bodhi	Goma Devi Bodhi	Goma Devi Bodhi	
10-11		Integration Lynn	Shine/Lhatong Mariano	Guru Yoga of White A Mariano	Dr. Wangmo Medicine Buddha	Dr. Wangmo Xitro	1.Short Goma Devi with Vajra Dance Bodhi 2.Semdzin or Rushen Lynn	ChNRR -videotape Medjung Tantra # 6	ChNRR videotap e Medjung Tantra #7
11:00 -11:15		Break	Break	Break	Break	Break	Break		
11:15- 12:15		Community Presentation - Gakyil	Shine/Lhatong Mariano	Song of Vajra Semdzin and pronunciation Mariano	Dr. Wangmo Medicine Buddha	Dr. Wangmo Xitro	1.Short Goma Devi with Vajra Dance Bodhi 2. Semdzin or Rushen – Lynn	12:00 Lunch	12:00 Ganapuja Gerry
12:15- 1:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
1:30-2			Integration with space - John / 12A VD Bodhi	Integration with space 12A VD	Integration with space 12A VD	Integration with space 12A VD	Integration with space 12A VD	Integration with space 12A VD	Retreat Ends

			12A VD						
	Fri 7/7	Sat 7/8	Sun 7/9	Mon 7/10	Tue 7/11	Wed 7/12	Thur 7/13	Fri 7/14	Sat 7/15
2-4	Registration	ChNRR -videotape -Intro to DzCH	ChNRR -videotape Medjung Tantra #1	ChNRR -videotape Medjung Tantra #2	ChNRR -videotape Medjung Tantra #3	ChNRR -videotape Medjung Tantra #4	ChNRR -videotape Medjung Tantra #5	Tibetan Dream Yoga with Michael <i>*unique Zoom link</i>	
4-4:15		Break	Break	Break	Break	Break	Break	Break	
4:15 – 5 :15	Short Tun led by Naomi	Practicing with Sound Lynn	Vajra Dance for all Bodhi	Yantra Yoga-Chair or mat and Pranayamas Naomi & Paula	Vajra Dance for all Bodhi	Yantra Yoga-Chair or mat and Pranayama s Naomi & Paula	Rhythmic Breathing and Vajra Dance	Community Meeting	
5:15-6: 15	Community BBQ	Medium Tun Gerry	Chod Michael	SOV Semdzin and pronunciation Mariano	Chod Michael	Dakini Day Ganapuja - Paula	Dream Yoga Michael	Auction Michael Community BBQ	

This is the tentative schedule of practices for the Summer Sangha Retreat featuring videotapes from a retreat with Choegyal Namkhai Norbu, teachings from Dr. Phuntsog Wangmo and other practices led by authorized instructors. All practices will be held at Khandroling. We plan to zoom all sessions (excluding the Goma Devi led by Bodhi and the Integration with Space).

**Please refer to the SSR announcement, the Friday, 7/14, Tibetan Dream Yoga with Michael Katz has a unique Zoom Link:*

<https://www.tsegyalgar.org/tsegyalgar-east/announcement/video-conference-link-ssr/>