

2024 Summer Sangha Retreat – Schedule

All Events Held In-Person at Khandroling

All Sessions will be broadcasted on Zoom excepting: Vajra Dance course, Long Gomadevi Practice, Memorial service, & BBQ

	Weds 7/17	Thurs 7/18	Fri 7/19	Sat 7/20	Sun 7/21	Mon 7/22	Tues 7/23	Weds 7/24
6-7AM		Long Gomadevi Bodhi***	Long Gomadevi - Bodhi***	Long Gomadevi *** Bodhi	Long Gomadevi ***Bodhi	Long Gomadevi ***Bodhi	Long Gomadevi ***Bodhi	Long Gomadevi ***
8:30-9:15		Complete Breathing -Paula	Complete Breathing - Paula	Complete Breathing -Paula	Complete Breathing -Paula	Complete Breathing -Paula	Complete Breathing - Paula	Complete Breathing -Paula
9:15-9:30		Break	Break	Break	Break	Break	Break	Break
9:30-11:30		ChNN*** Shitro Teaching, Merigar 2016 video replay -1	ChNN*** Shitro Teaching video replay -2	ChNN*** Shitro Teaching video replay - 3	ChNN*** Shitro Teaching video replay - 4	ChNN*** Shitro Teaching video replay - 5	ChNN*** Shitro Teaching video replay - 6	9:30-10:30 Closing talk w/Dr Phuntsog
	10-12 Registration							10:30-10:45 Break
								10:45- 12 Vajra Dance Course*
11:30-1:00	12-1:30	Lunch 11:30-1:00	Lunch 11:30-1:00	Lunch 11:30-1:00	Lunch 11:30-1:00	Lunch 11:30-1:00	Lunch 11:30-1:00	12-2 Closing Ganapuja***
1-1:30	Intro Talk - Phuntsog & Gakyil	Karma Yoga	Karma Yoga	Karma Yoga	Karma Yoga	Karma Yoga	Karma Yoga	
1:30-3:30	ChNN Intro to Dzogchen video	Teachings & practice*** Michael Katz	Teachings & practice*** Michael Katz	Teachings & practice*** Michael Katz	Community meeting	Shitro *** w/Dr. Phuntsog	Shitro *** w/Dr. Phuntsog	
3:30- 3:45	Break	Break	Break	Break	Break	Break	Break	
3:45-4:45	Vajra Dance Course*	Vajra Dance Course*	Vajra Dance Course*	Vajra Dance Course *	Full Moon *** Ganapuja	Memorial service led by Phuntsog	Vajra Dance Course*	
4:45-5:00	Break	Break	Break	Break	Break	Break	Break	
5:00-6:00+	Yantra Yoga**	Yantra Yoga**	BBQ and bonfire	Auction wine & Cheese	Chod *** Michael Katz	Yantra Yoga**	Yantra Yoga**	

*Course of Vajra Dance that Benefits Beings (with Bodhi and Carisa); **Yantra Yoga on Chair and Mat w/ Naomi and Vicki

*** Open to those with transmission or intention to receive transmission only