

NAMGYALGAR SANGHA RETREAT 19 - 27 September 2020 - PROGRAM

	Sat 19	Sunday 20	Mon 21	Tues 22	Wed 23	Thursday 24	Friday 25	Sat 26	Sun 27	Mon 28
7 - 8.30am	25 Spaces Practice	25 Spaces Practice	25 Spaces Practice	25 Spaces Practice	25 Spaces Practice	25 Spaces Practice	25 Spaces Practice	25 Spaces Practice	25 Spaces Practice	
10 - 11.30 am	Yantra	Breathe		10:30 - 11:30am 8 Movements on the Chair with Oni.		10:30 - 11:30 am 8 Movements on the Chair with Oni.		Yantra	10.00am - 1200 Breathe	05.10am Parinirvana of Rinpoche
See times for each days session	4 - 5.30pm Yantra: Preliminary groups plus rhythmic breathing	4 - 5.15pm Breathe	4.15-5.15pm Yantra: Tsigjong, Lungsang, couple of Yantras. Focus on full inhale & full exhale	4.15-5.15pm Yantra: Lungsang, Tsandul, Rhythmic breathing. Focus: open hold	4 - 5.15pm Yantra: Lungsang, couple of yantras, 1st group breathing. Focus: jilwa & kyilwa	4 - 5.30pm Yantra: Lungsang, couple of yantras, 3rd group breathing. Focus: drenpa	4 - 5.15pm Yantra: Lungsang, couple of yantras, 3rd group breathing. Focus: drenpa	4 - 5.30pm Yantra: Preliminary groups plus rhythmic breathing	4 - 5.15pm Breathe	
			5.15pm Santi Maha Sangha Base Level		5.30pm Santi Maha Sangha Base Level		5.30pm Santi Maha Sangha Base Level			
18.45 (6.45 pm AEST)	Vajra Dance of 12A's (KDK)	Vajra Dance of 12A's (KDK)	Vajra Dance of 12A's (KDK)	Vajra Dance of 12A's (KDK)	Vajra Dance of 12A's (KDK)	Vajra Dance of 12A's (KDK)	Vajra Dance of 12A's (KDK)	Vajra Dance of 12A's (KDK)	Vajra Dance of 12A's (KDK)	
1900 (7pm AEST)	Medium Thun To Start the Retreat	Webcast replay of ChNN 25Spaces Teaching	Webcast replay of ChNN 25 Spaces Teaching	Webcast replay of ChNN 25 Spaces Teaching	Webcast replay of ChNN 25 Spaces Teaching	Webcast replay of ChNN 25 Spaces Teaching	Webcast replay of ChNN 25 Spaces Teaching	Webcast replay of ChNN 25 Spaces Teaching	Guruyoga of the white A for Rinpoche's Parinirvana	
2000 (8pm)									Simple Ganapuja to end retreat	