

Description of the retreat program including practices and schedules

Duration of my retreat : 7 years minimum (or until the end of the Tögal visionary process) starting from December 2025, although I do know I can only apply for a Tsadra Scholarship for three years maximum.

Practice : I will mainly focus on the Trekchö and Tögal practices. For the Tögal, I plan to use the sun reflections (with sunglasses) during summer time. For the rest of the year I will alternate between candles and LED light. At the end of a Tögal session, I will always dwell for a while in the fundamental trekchö experience. I do not plan to practice any formal rituals or sadhanas.

My intention is also to integrate the rigpa experience during the time in between the formal sessions, while doing the basic activities of the daily life life walking, cooking, eating, and so on...

To maintain my physical body and to prevent from energetic blockages, I plan to have a daily walk in the wood and do some basic yoga trulkors (but no beps).

Daily Schedule of the retreat :

5 to 7 : First session

7h00-7h30 : Waking up stretching

7h30-9h00 : Breakfast and daily life activities

9-11h30 : Second session

11h30-15h30 : Cooking, lunch, rest, walk in the wood

15h30-17h30 : Third session

17h30-18h00 : Yoga, trulkor

18h00-20h00 : Diner, rest

20h00-22h00 : Fourth session