

Description of the Retreat Program and Schedules

General Program

I asked advice to V. Drupon Khenpo Lodro Namgyal, and this is what he instructed and I intent to follow:¹

Lo Djong Practice: Studding, contemplating and meditating on the 7 points of mind training, until a certain degree of familiarization is gained and the refuge comes naturally.

Preliminary Practices: The four preliminary thoughts are al ready included in Lo Djong, so after that perform two sets of the mahamudra preliminaries, with special long emphasis of Guru Yoga.

Yidam Practice: Practice of the 5 deities of Chakrasamvara

The 6 yogas of Niguma

Mahamudra

To this I will also add: the 3 integrations on the path, Long Chod practice and White Tara

Estimated Time for Each Practice

I wanted this retreat to be guided by experiences rather than time, so here I will present and stipulated time for each practice, but I might do them for longer or shorter periods.

Nº	Practice	Repetitions	Months	Days
1	7 point mind training		2-3	
2	Postrations with refuge and bodhichita	200,000	2	15
3	Vajrasatva	200,000	2	15
4	Mandala	200,000	1	20
5	Guru Yoga	200,000	3	
6	Shine-Vipassana			15
7	Yidam Practice	?	3	
8	Preliminaries of the Yogas of Niguma	?		15
9	Tummo: Inner Heat		2	
10	Gyulu: Ilusory Body		2	
11	Milam: Dream Yoga		2	

¹ Since the retreat won't be ready until later than expected I intend to do the Vajrakila accumulation before in a week retreat in the camping close by.

12	Osel: Clear Light		2	
13	Powa: Transference		1	
14	Bardo: The Intermediate state			15
15	Mahamudra Reliquary		9	
16	Three Integrations on the path		1	15
17	Long Chod: The source of all qualities		1	
18	White Tara	1000,000	21	
19	The fruit: Deathlessness			7

Daily Schedule

4:00-6:30 am	Day begins with the short practice of "DangUei NelJor". Then, the first "Tün Dam" of the day: the specific subject of contemplation will vary both in time and content along the retreat course.
6:30- 7:00 am	Chutor Practice (Water offerings along with the confession to the 35 Buddhas).
7:00-8:30 am	Breakfast and Break
8:30-11:30 am	Second Tundam (Practice Session)
11:30-1:00 pm	Lunch and Break
1:00-3:00 pm	Thrid Tundam
3:00-4:00 pm	Protector Practice and "Sur Chö"
4:00-5:00 pm	Yoga, Snack and Break
5:00-8:00 pm	Forth Tundam (Practice Session)
8:00-9:15 pm	Vajrakilaya and Chod

Monthly Rituals

Since the tibetan calendar is a lunar calendar note that this dates for the ritual days are giving on lunar dates:

- The 8th, Tara Day: The Second Tundam will be dedicated to Green Tara Practice with short Tsok, and brief recitation of the names of the medicine Buddhas.
- The 10th, Guru Rinpoche Day: The third tundam will be dedicated to The "Kilchok" Mandala Ritual of The 5 deities of Chakrasammvara

- 15th, Amitaba day: On the third tundam, Guru Yoga of Milarepa with recitation of the Kagyu Gurtso (Oceans of Songs of the Kagyu Masters), although some moths I will do “Lama Chopa”, Offering to the Lama with the recitations of the “lives of Freedom” and “songs of realization” of the Shangpa masters.
- 25th, Dakini Day: The third tundam will be dedicated to The “Kilchok” Mandala Ritual of The 5 deities of Chakrasammvara
- 29th, Dharmapala Day: Mahakala Drubtap (longer mahakala practice than usual)
- 30th: Do more dedication prayers at the end of each session.