

Spontaneous Presence: A Mahamudra Vipashyana retreat with Acharya Lama Tenpa Gyaltzen Nalanda West, Seattle

Saturday, September 28, 2024

9:10 AM	Attendees seated in the Mahabodhi shrine room
9:15 AM – 9:30 AM	Welcome and Orientation
9:30 AM – 10:10 AM	Meditation with lite instruction
10:10 am – 10:25	Break
10:30 AM – 12:00 PM	Teaching 1 by Acharya Lama Tenpa Gyaltzen - Refuge in Sanskrit - The Four Immeasurables - Supplication to the Takpo Kagyu
12:00 PM – 1:50 PM	Lunch Break
2:00 PM – 3:00 PM	Meditation led by Acharya Lama Tenpa
3:00 PM - 3:25 PM	Break
3:30 PM – 5:00 PM T	Teaching 2 by Acharya Lama Tenpa Gyaltzen
5:00 PM	Closing Chant – Dedication by Nagarjuna

Sunday, September 29, 2024

9:20 AM	Attendees seated in the Mahabodhi shrine room
9:30 AM – 10:10 AM	Meditation
10:10 am – 10:25	Break
10:30 AM – 12:00 PM	Teaching 3 by Acharya Lama Tenpa Gyaltzen - Refuge in Sanskrit - The Four Immeasurables - Supplication to the Takpo Kagyu
12:00 PM – 1:50 PM	Lunch Break
2:00 PM – 3:00 PM	Meditation by Acharya Lama Tenpa Gyaltzen
3:00 PM - 3:25 PM	Coffee/Tea Break
3:30 PM – 4:30 PM	Q&A by Acharya Lama Tenpa Gyaltzen
4:30 PM	Closing Chant - Dedication by Nagarjuna
Expressions of Gratitude	