

Fall '19 Online Chö Retreat Schedule – European Time Zone CET

Session	Teachings, & Practices	CES Time
Saturday October 5		
Session 1: CHÖ Night/Day – Opening of Retreat	Open to all. Guided Meditation – Spiritual Topography of the Path Opening of Retreat (Meditation Instruction)	Saturday: 5:00 am - 6:30 am
Session 2 – Private session	Meditation	Saturday: 14:00 - 15:00
Session 3 – Private session	Meditation	Saturday: 15:00 – 16:00
Session 4 – Group session	Introduction to Vajrayana & Guru Yoga Machik's Guru Yoga – Introduction & Commentary Chö Mahamudra in Movement and Stillness	Saturday: 17:00 – 19:00
Session 5 – Group session	Mahamudra Preliminary, Mahamudra Shamatha, Mahamudra Vipashyana “Calling Precious Machik From Afar,” “In Praise of Machik’s Six Perfections” & “Supplication to Machik Five Dakinis”	Saturday: 20:00 – 22:00
Session 6 – Private session	<i>private session for participants in the US time zone</i>	No session
Sunday, October 6		
Session 7 – Healing Chö	Open to all. Healing Cho - CHÖ Whispered from the Mount of Bliss	Sunday: 5:00 am - 6:30 am
Session 8 – Private session	Meditation	Sunday: 14:00 - 15:00
Session 9 – Private session	Meditation	Sunday: 15:00 – 16:00
Session 10 – Group session	Machik's Guru Yoga – Commentary & Meditation Group Discussion	Sunday: 17:00 – 19:00
Session 11 – Group session – Closing of Retreat	Damaru/bell hands-on Five-Dakini Practice with Tsok; Closing of Retreat	Sunday: 20:00 – 22:00
OPTION	Monday, October 7 - Interview with Khandro-la 7. 17:00 - 17:30 / 8. 17:40 - 18:10 / 9. 18:20 - 18:50 / 10. 19:00 - 19:30 / 11. 19:40 - 20:10 / 12. 20:20 – 20:50	Monday: 17:00 – 20:50 (CEST) Monday 8 am – 11:50 (PST)