

Online Chö Retreat Schedule – European Time Zone CET

Session	Transmissions, teachings, & Practices	Pacific Standard Time
Saturday September 22		
Session 1: Ear-Whispered CHÖ Night/Day – Opening of Retreat	Open to all. Introduction to Ear-Whispered Cho The Seven ‘PE’s - Transmission 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	Aryadeva’s Esoteric Instructions - Transmission & Commentary Mahamudra practice in movement and stillness	Saturday: 17:00 – 19:00
Session 5 – Group session	Chö Tonglen The Seven ‘PE’s - Commentary & Practice Supplication to Machik Five Dakinis - Transmission, Commentary & Practice Aspiration Prayer - Transmission, Commentary & Practice	Saturday: 20:00 – 22:00
Session 6 – Private session	<i>private session for participants in the US time zone</i>	No session
Sunday September 23		
Session 7 – Healing Chö	Open to all. Healing - 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	Aryadeva’s Esoteric Instructions - Transmission & Commentary Chö Practice	Sunday: 17:00 – 19:00
Session 11 – Group session – Closing of retreat	Chö Mahamudra Other Practices Damaru/bell hands-on	Sunday: 20:00 – 22:00
OPTION	Monday September 24 Interview with Chöying	Monday: 17:00 – 22:00