

## 2019 Online Chö Retreat Schedule – AEST Time Zone IUC

Session	Teachings, and Practices	AEST/IUC
<b>SATURDAY October 5</b>		
<b>Session 1: CHÖ Night/Day – Opening of Retreat</b>	Open to all. Guided Meditation – Spiritual Topography of the Path <b>Opening of Retreat</b> (Meditation Instruction)	<b>AEST SATURDAY 1pm- 2.30pm IUC 10AM - 11.30PM</b>
<b>Session 2 – Private session</b>	<i>private session for participants in the European time zone</i>	EVENING MEDITATION SESSION
<b>SUNDAY October 6</b>		
<b>Session 3 – Private session</b>		
<b>Session 4 – Group session</b>	Introduction to Vajrayana & Guru Yoga Machik's Guru Yoga – Introduction & Commentary Chö Mahamudra in Movement and Stillness	<b>AEST SUNDAY: 1 am – 2 am IUC 10pm</b>
<b>Session 5 – Group session</b>	Mahamudra Preliminary, Mahamudra Shamatha, Mahamudra Vipashyana “Calling Precious Machik From Afar,” “In Praise of Machik’s Six Perfections” & “Supplication to Machik Five Dakinis”	<b>SUNDAY: 4am Brisbane 5am Sydney IUC 1am</b>
<b>Session 6 – Private session</b>	Meditation	<b>SUNDAY - PRIVATE MEDITATION</b>
<b>Session 7 – Healing Chö</b>	Open to all. Healing Cho - CHÖ Whispered from the Mount of Bliss	<b>Sunday Brisbane 1pm - 2pm Sydney 2pm - 3pm IUC 10am</b>
<b>Monday October 7</b>		
<b>Session 8 – Private session</b>	<i>private session for participants in the European time zone</i>	No session
	Meditation	
<b>Session 10 – Group session</b>	Machik's Guru Yoga – Commentary & Meditation Group Discussion	<b>Monday: Brisbane – 1 am Sydney - 2am IUC 10pm</b>
<b>Session 11 – Group session – Closing of Retreat</b>	Damaru/bell hands-on Five-Dakini Practice with Tsok, <b>Closing of Retreat</b>	<b>Monday 7 Brisbane 4am; Sydney 5am; IUC 1am</b>
<b>Option</b>	Interview with Khandro-la <b>1. 7:00 am - 7:30 am / 2. 7:40 am - 8:10 am / 3. 8:20 am - 8:50 am / 4. 9:00 am - 9:30 am / 5. 9:40 am - 10:10 am / 6. 10:20 am – 10:50 am</b>	<b>Sunday: 2 pm – 5:50 pm (PST) Monday: 7 am – 10:50 am (Brisbane)</b>