

Online Chö Retreat Schedule – US Time Zone PST

Session	Transmissions, Teachings, and Practices	Pacific Standard Time
Friday September 21		
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)	Friday: 8 pm - 9:30 pm
Session 2 – Private session	<i>private session for participants in the European time zone</i>	No session
Saturday September 22		
Session 3 – Private session	Meditation	Saturday: 6 am - 7 am
Session 4 – Group session	Aryadeva’s Esoteric Instructions - Transmission & Commentary Chö Mahamudra Practice in Movement and Stillness	Saturday: 8 am – 10 am
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: 11 am - 1 pm
Session 6 – Private session	Meditation	Saturday: 3 – 4 pm
Session 7 – Healing Chö	Open to all. Healing - CHÖ Whispered from the Mount of Bliss	Saturday: 8 pm - 9:30 pm
Sunday September 23		
Session 8 – Private session	<i>private session for participants in the European time zone</i>	No session
Session 9 – Private session	Meditation	Sunday: 6 am - 7 am
Session 10 – Group session	Aryadeva’s Esoteric Instructions - Transmission & Commentary Chö Practice	Sunday: 8 am – 10 am
Session 11 – Group session – Closing of retreat	Chö Mahamudra Other Practices Damaru/bell hands-on	Sunday: 11 am - 1 pm
Option	Interview with Choying	Sunday: 2 pm – 5 pm