

Fall '19 Online Chö Retreat Schedule – US Time Zone PST

| Session | Teachings, and Practices | Pacific Standard Time |
|--|--|---------------------------------|
| Friday, October 4 | | |
| Session 1: CHÖ Night/Day – Opening of Retreat | Open to all. Guided Meditation – Spiritual Topography of the Path 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, October 5 | | |
| Session 3 – Private session | Meditation | Saturday: 6 am - 7 am |
| Session 4 – Group session | Introduction to Vajrayana & Guru Yoga Machik's Guru Yoga – Introduction & Commentary Chö Mahamudra in Movement and Stillness | Saturday: 8 am – 10 am |
| 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: 11 am - 1 pm |
| Session 6 – Private session | Meditation | Saturday: 3 – 4 pm |
| Session 7 – Healing Chö | Open to all. Healing Chö - CHÖ Whispered from the Mount of Bliss | Saturday: 8 pm - 9:30 pm |
| Sunday October 6 | | |
| 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 | Machik's Guru Yoga – Commentary & Meditation Group Discussion | Sunday: 8 am – 10 am |
| Session 11 – Group session – Closing of Retreat | Damaru/bell hands-on Five-Dakini Practice with Tsok Closing of Retreat | Sunday: 11 am - 1 pm |
| Option | Sunday October 6 - Interview with Khandro-la 1. 2:00 pm - 2:30 pm / 2. 2:40 pm - 3:10pm / 3. 3:20 pm - 3:50 pm / 4. 4:00 pm - 4:30 pm / 5. 4:40 pm - 5:10 pm / 6. 5:20 pm - 5:50 pm | Sunday: 2 pm – 5:50 pm |