

The Nalanda Institute
Annual Retreat
“Union of Compassion and Wisdom”
The concrete development stage of one’s own practice

Geshe Jamyang Tsultrim



When: June 20, 21 & 22

Beginning at 2pm on the 20th and ending at 12 pm on the 22nd.

Where: Bodhi House, 4846 Johnson Point Rd. • NE Olympia, WA 98516

Cost: \$75.00 per participant); includes meals .

\$50.00 for Friday session only includes dinner.

To register, and make payment, please complete bottom portion and submit to:

**The Nalanda Institute
PO Box 11361
Olympia, WA 98508
(360) 786-1309**

Name: _____

Address: _____

Phone: _____

Email: _____

Full Retreat: _____

Friday

Only: _____

Directions: From Olympia: take South Bay Rd until it turns into Johnson Point Rd to 4846

From Lacey: take Sleater Kinney Rd to the 4 way stop at Johnson Point Rd, Turn right and follow Johnson Point Rd to 4846.

Items to Bring:

Meditation cushion, & personal items. For More information call (360) 786-1309 or visit our website www.nalandaolywa.org

SCHEDULE:

Friday 6/20, 2-8:30 pm: “Building a Foundation for Your Meditation Practice” This day will provide a cultural and historical context for us to build on. We should understand where our groups fit into the broad sweep of Buddhism, and how they relate to each other.

Noon-2 pm: set up

2-3 pm: welcome and orientation, with a short practice session for all

3-3:30 pm: break

3:30-5:30 pm: instruction from Geshe Jamyang on the place of meditation practice within major strands of Buddhist thought (Theravada, Mahayana, and Vajrayana)

5:30-7 pm: dinner provided

7-8:30 pm: further instruction from Geshe Jamyang on the practice traditions of the four schools of Tibetan Buddhism: Nyingma, Kagyu, Sakya, and Gelug

Saturday 6/21, 8:30 am-8:30 pm: “A Day for Practice and Consultation” This day will provide opportunities for practice and discussion within each small group (Mindfulness, Bodhisattva, and Vajrayana). Each group will have three 2-hour sessions on its own, one of which will be attended by Geshe Jamyang to answer questions chosen by the group for the purpose of overcoming obstacles to their practice.. The entire day will be in silence except for the discussion sessions.

before 8:30 am: breakfast on your own

8:30-9:30 am: morning practice all together (usual Thursday sadhana)

9:30-10 am: break

10 am-noon: First Session

noon-1 pm: lunch

1-3 pm: Second Session

3-3:30 pm: break

3:30-5:30 pm: Third Session

5:30-7 pm: dinner

7-8:30 pm: Chenrezig practice all together

Sunday 6/22, 8 am-noon: “How to Maintain Your Meditation Practice in Daily Life” This day will focus on how to carry forward the benefits of this weekend of practice into our everyday world of families, relationships, occupations, and communities. Silence is over; mindful conversation is allowed outside of sessions.

before 8am: breakfast on your own

8-11 am: brief talk by Geshe Jamyang followed by general discussion of how we can carry on our practice in daily life.

What is working? What is not working? What instruction or support do we need from our Sangha, Nalanda? How can Nalanda help in our daily lives?

11 am-noon: Dedication