

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

***Geshe Jamyang Tsultrim***

**When: May 2 & 3, 2009**  
**Beginning at 9 am on the 2nd and ending at 12:30 pm on the 3rd**  
**Where: 2415 Heritage Ct. SW Oly 98502**  
**Cost: \$75.00 per participant; includes meals .**  
***\$60.00 for The Nalanda Institute Members.***

**To register, and make payment, please complete bottom portion and submit to:**  
**The Nalanda Institute**  
**PO Box 11361**  
**Olympia, WA 98508**  
**(360) 786-1309**

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**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Directions:

***Items to Bring:***

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

## SCHEDULE:

Saturday 5/2/2009, 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,). Each group will have 2 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 9:00 am: breakfast on your own
- 9am Opening session will be led by our resident lama, Lungrik Gyatso.  
Orientation and greetings by the Nalanda president  
Meditation practices and discussions led by the resident teacher, Geshe Jamyang
- 9:30 Mindfulness meditation practice and sharing direct experiences
- 10:30 Shamadha Meditation (Paying attention with mindfulness and introspections)  
and discussion /questions
- 11:30 Lecture: *Existential Experiences: Life and its Purposes Reflections and discussion*
- 12:30pm Lunch provided by the Nalanda retreat organizers
- 1:30pm Individual dharma study and practice group (Mindfulness Group and Bodhisattva Group) This session will provide opportunities for practice and discussion within each small group.
- 4pm Cultivation of Bodhicitta, Altruistic Thoughts and Lojong Practices
- 4:45pm Closing sessions will be led by lama Lungrik Gyatso.

Sunday 5/3/2009, 8 am-noon: "Training and Practice on Chenrizig and Green Tara Practice." This day will focus on the Practices of Chenrezig and Green Tara,

- before 9am: breakfast on your own
- 9am Chenrizig Training and actual practice led by lama Lungrik Gyatso
- 11am Green Tara practice training and actual practice led by Lama Lungrik Gyatso
- 12 :30 pm Closing ceremony: dedication prayers and auspicious aspiration.

### Directions to the Retreat Site

The address is 2415 Heritage Ct. SW Olympia 98502 It is the new 4-story bldg across from the Arco station that is right off the Hwy 101 Auto Mall exit. The actual entrances are via driveways from the first cul-de-sac to the east (towards the Courthouse).