



The Nalanda Institute, Center for Buddhist Study and Meditation

The Nalanda Institute Annual Retreat: Developing and Maintaining Meditation Practice in Daily Life

June 20, 21, 22
Bodhi House
4846 Johnson Point Rd, NE
Olympia, WA

We have had to re-schedule the date of our annual retreat. It was originally planned for late May, but now is in June. Because of the change, we had to make it a non-residential retreat. There will be a full day and evening schedule of teaching and meditation, but no overnight. The Bodhi House is a great facility and has lovely grounds. It will be very conducive for the activities we have planned. With no overnight the cost is very reasonable:

Full Retreat: \$75.00
Fri or Sat only: \$50.00
Price includes Fri dinner, Sat lunch, and Sat. dinner

Our annual retreats with Geshe Jamyang have always been outstanding events that greatly enhance the attendee's knowledge, connection, and spiritual growth. If you are wanting to build a better practice and make more connections at Nalanda and with Geshe Jamyang, the retreat is perfect for those goals. This year the program is built around the structure of the three levels of practice groups. However, it will still be very valuable for those not in a practice group. After all, the practice groups are simply concentrating on key fundamental aspects of Buddhist practice, so anyone interested in Buddhist practice will benefit.

SCHEDULE:

Friday 6/20, 2-8:30 pm: Building a Foundation for Your Meditation Practice

This day is mainly teaching by Geshe Jamyang. He will review the historical development of the three major Buddhist paths or "yanas": Hinayana, Mahayana, and Vajrayana. He will help us understand where our practice groups fit into this broad sweep of Buddhism and how the yanas relate to each other.

12-2 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 three yanas
5:30-7 pm: Dinner, included with registration fee
7-8:30 pm: Continued teaching from Geshe Jamyang on the practice traditions of the four schools of Tibetan (Vajrayana) 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 practice 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. The emphasis will be on meditation. Those not in a practice group can choose the level that suits them best and participate with that group.

Pre 8:30 am: Breakfast on your own, at home
8:30-9:30 am: Morning practice all together (usual Thursday sadhana)
9:30-10 am: Break
10 am-noon: First
noon-1 pm: Lunch, included in registration fee
1-3 pm: Second session in the practice groups
3-3:30 pm: Break

3:30-5:30 pm: Third session in the practice groups
5:30-7 pm: Dinner, included in registration fee
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.

Pre 8 am: Breakfast on your own

8-10:40 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?

10:40-11:00 am: Break

11 am-noon: Meditation and Dedication, depart