

## **Nalandabodhi Winter Retreat Schedule**

Times are in Eastern Time (ET)

### **12/30/2021 Thursday**

05:30 PM – 06:00 PM Welcome and Meditation led by Acharya Lhakpa Tsering

06:00 PM – 07:15 PM Teaching by Mitra Tyler Dewar (Relative Bodhicitta)

### **12/31/2021 Friday**

09:00 AM – 09:45 AM Meditation led by Mitra Lee Worley

09:45 AM – 11:00 AM Teaching by Mitra Lee Worley (Space Awareness)

11:00 AM – 11:45 AM Dawn of Bodhi, guided meditation for family with children  
(Break)

02:30 PM – 03:45 PM Teaching by Dr. Dan Hirshberg  
(Break)

04:30 PM – 05:45 PM Teaching by Mitra Tyler Dewar (Relative Bodhicitta)|

06:00 PM – 07:15 PM Teaching by Mitra Mark Power on Aspirations, Followed by  
Aspiration for Noble Excellent Conduct

### **01/01/2021 Saturday**

09:00 AM – 09:45 AM Meditation led by Dr. Dan Hirshberg

09:45 AM – 11:00 AM Teaching by Mitra Lee Worley (Space Awareness)

11:00 AM – 11:45 AM Dawn of Bodhi, guided meditation for family with children  
(Break)

02:30 PM – 03:45 PM Teaching by Acharya Lhakpa Tsering  
(Break)

04:30 PM – 05:45 PM Teaching by Mitra Mark, Ellen Balze & Laura McRae (Path of Mindful  
Activity)

### **02/02/2021 Sunday**

10:00 AM – 10:45 AM Meditation

10:45 AM – 11:15 AM Teaching by Mitra Mark, Ellen Balze & Laura McRae (Path of Mindful  
Activity)

11:30 AM – 12:00 PM Teaching by Mitra Tyler Dewar (Post Meditation)

12:00 PM - 12:30 PM Closing and Aspirations for 2022 by Acharya Lhakpa Tsering, Mitra  
Lee Worley, Mitra Tyler Dewar, Mitra Mark Power, Dr. Dan Hirshberg, Ellen Balze, & Laura  
McRae

