

Nalandabodhi Winter Retreat 12/29/2022-01/01/2023

Mind Without Borders

All times are in US west coast time

Thursday	<p><b>2:30pm - 2:40</b> Welcome and Orientation by Local and Zoom MC's On Zoom</p> <p><b>2:40pm -3:00pm</b> Mind without Borders theme by Carlos Ferreyros</p> <p>Opening Teaching by Acharya Lhakpa</p> <p><b>3:00pm-4:15pm</b> Mitra Mark Power Teaching Session 1</p> <p><i>4:15pm-4:45pm Break</i></p> <p><b>4:45pm-6:00pm</b> Path of Mindful Activity</p>
Friday	<p><b>8:00am-9:00am</b> Meditation Session</p> <p><i>9:00am-9:30am Break</i></p> <p><b>9:30am-10:45am</b> Mitra Mark Teaching Session 2</p> <p><i>10:45am-11:00am Break</i></p> <p><b>11:00am- 12:00pm</b> Sharing about inmate students and Tara practice for them (Mind Without Borders)</p> <p><i>12:00pm-1:30pm Lunch Break</i></p> <p><b>1:30pm-2:30pm</b> Mitra Lee Teaching &amp; Meditation Session</p> <p><i>2:30pm-3:00pm Tea Break</i></p> <p><b>3:00pm-4:30pm</b> Acharya Tashi Teaching Session 1</p>
Saturday	<p><b>8:00am-9:00am</b> Meditation Session</p> <p><i>9:00am-9:30am Break/Meditation</i></p> <p><b>9:30am-10:45am</b> Mitra Mark Teaching Session 3</p> <p><i>10:45am-11:00am Break/Meditation</i></p> <p><b>11:00am- 12:00pm</b> Sharing about inmate students and Tara practice for them (Mind Without Borders)</p> <p><i>12:00pm-1:30pm Lunch Break</i></p> <p><b>1:30pm-1:45pm</b> Brief Meditation</p> <p><b>1:45pm-3:00pm</b> Acharya Tashi Teaching Session 2</p> <p><i>3:00pm-3:45pm Tea Break</i></p> <p><b>3:45pm-4:45pm</b> Mitra Lee Teaching &amp; Meditation Session</p> <p><i>4:45pm-5:00pm Break</i></p> <p><b>5:00pm-6:30pm</b> Mitra Dean Tyler Teaching and Practice Session, New Year Eve Teaching and "King Aspiration Prayer"</p>
Sunday	<p>Sunrise offering practice</p>

**8:00am-9:00am** Meditation Session

**9:00am-9:30am** *Break/Meditation*

**9:30am-10:45am** Mitra Mark Teaching Session 4

**10:45am-11:00am** *Break/Meditation*

**11:00am- 12:15pm** Path of Mindful Activity

**12:15pm-12:30pm** Closing and Thanking remarks