

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

Mind Without Borders

All times are in US west coast time

Thursday

2:30pm - 2:40 Welcome and Orientation

2:40pm -3:00pm Opening Teaching by Acharya Lhakpa

3:00pm-4:15pm Mitra Mark Power Teaching Session 1

4:15pm-4:45pm Break

4:45pm-6:00pm Path of Mindful Activity by Ellen Balze & Laura McRae

Friday

8:00am-9:00am Meditation Session

9:00am-9:30am Break

9:30am-10:45am Mitra Mark Teaching Session 2

10:45am-11:00am Break

11:00am- 12:00pm Sharing about inmate students and Tara practice for them (Mind Without Borders)

12:00pm-1:30pm Lunch Break

1:30pm-2:30pm Mitra Lee Worley Session 1

2:30pm-3:00pm Tea Break

3:00pm-4:30pm Acharya Tashi Teaching Session 1

Saturday

8:00am-9:00am Meditation Session

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

9:30am-10:45am Mitra Mark Teaching Session 3

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

11:00am- 12:00pm Sharing about inmate students and Tara practice for them (Mind Without Borders)

12:00pm-1:30pm Lunch Break

1:30pm-1:45pm Brief Meditation

1:45pm-3:00pm Acharya Tashi Teaching Session 2

3:00pm-3:45pm Tea Break

3:45pm-4:45pm Mitra Lee Worley Session 2

4:45pm-5:00pm Break

5:00pm-6:30pm Mitra Dean Tyler Teaching and Practice Session, New Year Eve Teaching and “King Aspiration Prayer”

Sunday

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 by Ellen Balze & Laura McRae

12:15pm-12:30pm Closing Remarks