

Vajrayogini Retreat

To be held at Nalandra, 21 – 23 Ruthven Way, Ringwood East Vic 3135

Tuesday 28 November 7:30pm – Sunday 3 December 2:00pm

Retreat Schedule

Tuesday 28 November (Guru Rinpoche's day)

7:30pm – 8:30pm: Session of first 3 yogas (Instructions on yoga of sleep, waking, nectar taste and room blessing), and Introductory session.

Wednesday 29 November

At home:

5:10am – 5:20am: Yoga of waking

5:20 am – 5:30am: Yoga of tasting nectar

5:30 am – 5:40am: Short refuge prayers

At Nalandra:

8:00am – 8:45am: Refuge Ceremony

9:00am – 9:30am: Registration

9:30am – Welcome speech

9:40am – 12:30pm: Vajra Yogini Blessing (Session 1)

12:30pm – 2:00pm: Lunch Break

2:00pm – 3:30pm: Teaching on empowerment and 11 yogas (Session 2)

3:30pm – 4:00pm: Afternoon tea break

4:00pm – 6:00pm: Session on Vajra Yogini practice and extolling the beauty of Khechari and her realm (song) (session 3)

6:00pm – 7:00pm: Dinner Break

7:00pm – 8:30pm: Experiencing the Yogas with recitations, Torma offering and benediction prayers (Session 4)

At home:

9:00pm – 9:30pm: Yoga of sleeping

Thursday 30 November – Saturday 2 December

At home:

5:00am – 6:30am: The yoga of rising, tasting nectar, refuge prayer 108x and extol the beauty of Khechari and her realm (song) (Session 1)

At Nalandra:

9:00am – 12:00pm: Exclusive retreat practice (session 2)

12:00pm – 2:00pm: Lunch break

2:00pm – 4:00pm: Exclusive retreat practice (session 3)

4:00pm – 4:30 pm: Tea break

4:30pm – 7:30pm: Exclusive retreat practice (session 4)

7:30pm – Dinner served

At home:

9:00pm – 9:30pm: Yoga of sleeping and lord of cemetery protection if one has initiation.

Sunday 3 December (full moon)

At home:

5:00am – 6:30am: The yoga of rising, tasting nectar, refuge prayer 108x and extol the beauty of Khechari and her realm (song)

At Nalandra:

8:30am – 11:00am: Exclusive retreat practice

11:30am – 1:00pm: Full moon day thanksgiving Tsok/ lunch to marvelous Khechari Queen and conclusion of retreat

1:00pm – 1:30pm: Conclusion of retreat, Q&A, katag and offer of thanks to Rinpoche

At home:

9:00pm – 9:30pm: Extol the beauty of Khechari and her realm (song) lord of cemetery protector if one has the initiation.

Preparations:

- Skull cup/ nectar container
- Mala
- Vajra and Bell
- Daimaru
- Syllable hum poster for entrance door
- Syllable hum in crossed triangle poster for bedroom
- Comfortable cushion

Participants are requested to shower each morning and not to wear strong perfumes during the retreat.

Prices:

Early bird rates are offered for bookings made before 10 September.

Subscriber category	Bookings before 10 September	Bookings after 10 September
Benefactors	\$350	\$370
Friends of Nalandra/ family/concession	\$400	\$420
Non-subscriber	\$480	\$500