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## **Schedule**

**Thursday 08/11/2012**

|                  |                                |
|------------------|--------------------------------|
| 10am             | Introduction of the course     |
| 12:30pm – 1:30pm | Lunch break                    |
| 2:30pm – 4pm     | Prof. Sempa Dorjee             |
| 5:30 – 6:30pm    | Chenresig and Shine meditation |

**Friday 09/11/2012 – Tuesday 27/11/2012**

|                   |   |
|-------------------|---|
| 7:30am – 8:30am   | Breakfast   |
| 9am – 10:30am     | Khenpo Tsering  |
| 11am – 12:00 noon | Self study (1.-2.week) / Sojong explanation (3. week) |
| 12:30pm – 1:30pm  | Lunch break   |
| 2:30pm – 4pm      | Prof. Sempa Dorjee                                    |
| 5:30 – 6:30pm     | Chenresig and Shine meditation                        |

The public holiday is Sunday.

**Wednesday 28/11/2012 – Tuesday 04/12/2012**

|                 |  |
|-----------------|--|
| 6am – 7:00am    | Mahayana Sojong                            |
| 7:30am – 8:30am | Breakfast                                  |
| 9am – 11am      | Q&A (30min) + Meditation (Morning session) |
| 12:30 to 1:30pm | Communal Lunch                             |
| 2pm – 4pm       | Meditation (Afternoon session)             |
| 4pm – 4:30pm    | Tea break                                  |
| 4:30pm – 6pm    | Meditation (Evening Session)               |
| 6pm – 7pm       | Mahakala Puja                              |

**Wednesday 05/12/2012**

|     |                                    |
|-----|------------------------------------|
| 9am | Dedication and Conclusion Ceremony |
|-----|------------------------------------|



## **Guidelines and Rules of the Course**

- a. The course is specifically designed for developing one's inner peace and happiness through the training of mental concentration.
- b. The administration will do its best to create a peaceful outer environment during the course. Participants are recommended to remain within the temple compound during the retreat and behave in an appropriate manner.
- c. Outside the classes, participants are requested to engage into activities related to study and meditation as much as possible.
- d. In order to create a retreat environment, access to the institute will be restricted during the last week of the course.
- e. During the retreat week, each day will start by taking the Mahayana Sojong vows. Participation is optional.
- f. Vegetarian meals are provided during the course. For those who participate in Mahayana Sojong practice during the retreat week, appropriate drinks will be provided.
- g. Playing music or making loud noise in the institute's compound is prohibited.
- h. It is not allowed to bring outsiders into your room during the retreat.