



Institut Ganden Ling

KARMA & PURIFICATION RETREAT

PROGRAMME (En - EUROPE)

3 – 5 March 2023



Note: times are given according to France time zones.
Participants in other countries will have to adjust the schedule accordingly.

Friday 3 March 2023

➤ **Mandatory meeting at 7 pm by Zoom and face to face** : please login at least 10 minutes prior

	Saturday 4 March	Sunday 5 March
1st Session	7h00 à 8h30 Explanation of the practice by a senior student	7 h00 à 8h30 The Six Preliminary Practices & recitation of the 35 Buddhas Prayers and meditations without prostration
Breakfast		
2nd Session	10h00 à 12h00 The Six Preliminary Practices & recitation of the 35 Buddhas Recitations & meditations without prostrations	10h00 à 12h00 The last 2 verbal non-virtuous karmic paths Meditations and prostrations
Lunch		
3rd Session	14h30 à 16h30 The 3 physical non-virtuous karmic paths Meditations and prostrations	14h30 à 17h00 The 3 mental non-virtuous karmic paths Meditations, prostrations and completion of the recitations
Snack		
4th Session	18h00 à 19h40 The first 2 verbal non-virtuous karmic paths Meditations, prostrations and completion of the recitations	17h00 Debriefing (optional)
Dîner		
Evening	Rest & Personal practice	

* See more details in the Retreat Booklet *

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