



Ganden Ling Institute

KARMA & PURIFICATION RETREAT PROGRAMME (En-ASIA)



6 – 8 October 2023

Note: times are given according to Delhi (D), Jakarta (J) and Kuala Lumpur (K) time zone.
Participants in other locations will have to adjust the schedule accordingly.

Friday 6 October 2023

➤ **Mandatory meeting at: 17:30 (D) / 19:00 (J) / 20:00 (K):** please login to Zoom 10 minutes prior

	Saturday 7 October	Sunday 8 October
1st Session	7:00-8:30 (D) / 8:30-10:00 (J) / 9:30-11:00 (K) Explanation of the practice by a senior student	7:00-8:30 (D) / 8:30-10:00 (J) / 9:30-11:00 (K) The Six Preliminary Practices & recitation of the 35 Buddhas Prayers and meditations without prostration
Morning Break		
2nd Session	10:00-12:00 (D) / 11:30-13:30 (J) / 12:30-14:30 (K) The Six Preliminary Practices & recitation of the 35 Buddhas Recitations & meditations without prostrations	10:00-12:00 (D) / 11:30-13:30 (J) / 12:30-14:30 (K) Short recitations The last 2 verbal non-virtuous karmic paths Meditations and prostrations
Midday Break		
3rd Session	14:00-16:00 (D) / 15:30-17:30 (J) / 16:30-18:30 (K) Short recitations The 3 physical non-virtuous karmic paths Meditations and prostrations	14:00-16:30 (D) / 15:30-18:00 (J) / 16:30-19:00 (K) Short recitations The 3 mental non-virtuous karmic paths Meditations, prostrations and completion of the recitations
Afternoon/Evening Break		
4th Session	17:30-19:10 (D) / 19:00-20:40 (J) / 20:00-21:40 (K) Short recitations The first 2 verbal non-virtuous karmic paths Meditations, prostrations and completion of the recitations	After last session Debriefing (optional)
Sessions Finished		
Evening	Rest & personal practice	--

* See more details in the Retreat Booklet *

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