

2023 Summer Institute Schedule Session 3 Silent Retreat

Only shedra and Tibetan courses will be offered online.
All other periods will be held on site only.

Draft: subject to change

Period	Hour (<i>Mountain</i> time)	Courses
1	7:00 - 7:30 am	Lujong (body training)
-	7:30 - 8:30 am	Breakfast
2	8:30 - 9:00 am	Mahamudra Practice
-	9:00 - 9:10 am	Break
3	9:10 - 10:40 am	Continuation of all Shedra Courses (on site and online)
-	10:40 - 11:00 am	Break
4	11:00 am - 12:30 pm	Mahamudra Talk by Acharya Lama Tenpa Gyaltsen
-	12:30 - 1:30 pm	Lunch
5	2:00 - 3:10 pm	Mahamudra Practice
-	3:10 - 3:30 pm	Break
6	3:30 - 4:30 pm	Mahamudra Practice
-	4:30 - 5:00 pm	Break
7	5:00 - 6:10 pm	Mahamudra Practice
-	6:10 - 7:00 pm	Dinner
8	7:30 - 8:30 pm	On Alternating Days: Beginning and Intermediate Colloquial Tibetan
TBD	TBD	Literary Tibetan courses

Click the links above for details about the courses
[For details about the Tibetan language courses click here.](#)