

# 3<sup>rd</sup> Annual Holiday Practice Retreat

## Dec 23 to Dec 31, 2006

*Open to all sangha & friends  
doing any Nalandabodhi practice  
on a "come when you can" basis*

### Daily Schedule:

|                  |  |
|------------------|--|
| 8 to 9am         | – Opening Session: opening chants and shamatha |
| 10am to noon     | – First Session: individual group practice     |
| 1:30 to 3:30     | – Second Session: individual group practice    |
| 3:30 to 4pm      | – tea break                                    |
| 4pm to 6pm       | – Third Session: individual group practice     |
| 7:30pm to 9:30pm | – Fourth Session: individual group practice    |
| Dec 29, 7:30pm   | – Feast  |

**Location:** Main Shrine Room @ Nalanda West

**Cost:** None, but donations are welcome  
*(think of them as holiday presents for Nalanda West, suggested gift is \$20/day)*

### Motivating thoughts:

Make the supreme offering to your teacher—practice!  
Fulfill your practice requirements AND multiply your merit!  
Be social without ever having to say a word!  
Do nothing but sit around for the holidays!

*For further information please email: [chimetharpa@gmail.com](mailto:chimetharpa@gmail.com)*

