

SIX YOGAS OF NAROPA (2024)

Retreat Schedule

All dates and times are subject to change. Attendees will be notified in class and/or via email as to changes. Please come 15 minutes prior to class starting. Also, classes usually run over the specified time. AVI will offer an early morning yoga and meditation class, and an evening review of Khen Rinpoche's daily teachings.

Friday June 7	Opening Day Registration 2 – 5:30 pm (CV2 First Floor Lobby – see campus map, scroll below) Overview and Meditation given by Khen Rinpoche Class 6:30 – 8:00 pm
Saturday June 8	Great Empowerment (Chakrasamvara) 10:00 – Noon 2:00 – 4:30 pm
Sunday June 9	Chakrasamvara Short Sadhana and Clarification 10:00 – Noon 2:00 – 4:30 pm
Monday June 10	9:30 – noon Cittamani Initiation Six Yogas Common Preliminaries Explained 2:00 – 4:30 pm
Tuesday June 11	Tummo 9:00 – Noon 2:00 – 5:00 pm
Wednesday June 12	Illusory Body and Clear Light Mind 9:00 – Noon 2:00 – 5:00 pm
Thursday June 13	Dream Yoga 10:00 – Noon 2:00 – 4:30 pm
Friday June 14	Bardo 10:00 – Noon 2:00 – 4:30 pm
Saturday June 15	Phowa

10:00 – Noon
2:00 – 4:30 pm

Sunday June 16

Condensed Review
9:30 – Noon
Celebration and Blessing Tsok
Noon – 2:00 pm

Each Day (8:30 – 9:15 am) will start with yoga and meditation, part of our development of an ***Awakening Wellness*** practice initiative. This is a program of mindfulness based, energy related bodywork which will include Eastern and Western practices to open the mind, energize the body, and imbue a sense of spiritual presence.

Each evening (7:00 – 8:30 pm) will include a period of review, but more importantly a program of meditational practices following the guideline of listening, contemplating, and practicing (meditating) on the material presented for that day and previous days.