Albuquerque Karma Thegsum Chöling
invites you to participate in
Thanksgiving White Tara Retreat

Friday and Saturday
November 23-24, 2012

This will be an intensive, two-day retreat. Each session will involve multiple recitations of the White Tara sadhana. Silence (no talking) will be expected during sessions.

Instruction on the White Tara sadhana will be given the morning of the first day, before the first session (9 AM).

Refuge* is a requirement of participation. Empowerment for White Tara is not required.

* Refuge: Buddhist refuge vows. Participation is restricted to those who have taken vows from a qualified Lama or teacher.

Schedule

Friday
8AM  vegetarian breakfast at KTC
9AM  Instruction on White Tara
10AM 1st practice session
12PM  break for lunch
2PM  2nd practice session
5PM  long-life /aspiration prayers
6PM  End first day

Saturday
8AM  vegetarian breakfast at KTC
9AM  Review and Q/A on White Tara
10AM 1st practice session
12PM  break for lunch
2PM  2nd practice session
5PM  break for dinner
6PM  3rd practice session
8PM  long-life /aspiration prayers
9PM  End of retreat

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Refuge Required