

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



Refuge Required

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