

Teaching Schedule and Topics for July Retreats

FIRST WEEK, JULY 16–22

Sunday, July 16

7–8:30 PM: Welcome and Introduction to the Retreat

Robin Caton, Tsering Gellek, Wangmo Gellek

Monday, July 17

7–7:45 AM: Optional Morning Practice

Barry Schieber

9–10:30 AM: Give Ease to Body, Mind, and Senses

Barry Schieber

11AM–12:20 PM: Body in Time, Body in Space

Carolyn Pasternak

3:45–5:30 PM: Body in Time, Body in Space

Carolyn Pasternak

7–8:30 PM: Integrating the Day's Teachings: Discussion & Questions

Barry Schieber, Carolyn Pasternak, Pema Gellek

Tuesday, July 18

7–7:45 AM: Optional Morning Practice

Abbe Blum

9–10:30 AM: First Retreat Teaching Session

Arnaud Maitland

11AM–12:20 PM: Second Retreat Teaching Session

Arnaud Maitland

3:45–5:30 PM: Path of Transition: Manifesting the Potential of Human Embodiment

Abbe Blum

7–8:30 PM: Integrating the Day's Teachings: Discussion & Questions

Arnaud Maitland, Abbe Blum, Wangmo Dixey

Wednesday, July 19

7–7:45 AM: Optional Morning Practice

Barry Schieber

9–10:30 AM: *I am who I was*: Language, Memory & the 'Story of Me'

Robin Caton

11AM–12:20 PM: *Keys of Knowledge, Play of Light*:

A Story About Storytelling

Robin Caton

3:45–5:30 PM: Mandalas: The Symbolic Language of Color

Rosalyn White

7–8:30 PM: Integrating the Teachings: Discussion & Questions

Robin Caton, Barry Schieber, Richard Dixey

Thursday, July 20

7–7:45 AM: Optional Morning Practice

Abbe Blum

9–10:30 AM: *Revelations of Mind*: Introduction to the Study of Mind

Richard Dixey

11AM–12:20 PM: Name and Form

Richard Dixey

3:45–5:30 PM: Relationships in Our Minds

Barr Rosenberg

7–8:30 PM: Integrating the Day's Teachings: Discussion & Questions

Richard Dixey, Barr Rosenberg, Tsering Gellek

Friday, July 21

7–7:45 AM: Optional Morning Practice

Barry Schieber

9–10:30 AM: You and I Can Be We

Barr Rosenberg

11AM–12:20 PM: Gateways and Gatekeepers: I, Me, Mine,
Mind in Operation

Pema Gellek, Hugh Joswick

3:45–5:30 PM: Look with a Fearless Heart and Open Eyes:
Cultivating the Immeasurables

Pema Gellek, Hugh Joswick

7–8:30 PM: Gathering & Practice in the Meditation Hall

Lama Palzang, Pema Gellek, Hugh Joswick

Saturday, July 22

7–7:45 AM: Optional Morning Practice

Abbe Blum

8:30–10:30 AM: A Brief Introduction to the Lotus Trilogy/
Closing Remarks

Various Instructors/Pema Gellek and Barry Schieber

SECOND RETREAT WEEK, JULY 23–29

Sunday, July 23

7–8:30 PM: Welcome and Introduction

Abbe Blum, Tsering Gellek, Wangmo Gellek

Monday, July 24

7–7:45 AM: Optional Morning Practice

Barry Schieber

9–10:30 AM: Being Flexibly Human: Relaxed Exploration of Body, Breath and Mind

Abbe Blum

11AM–12:20 PM: Breathing Deeply and Seeing Widely

Barr Rosenberg

3:45–5:30 PM: Meditation: Walking, Sitting and Chanting

Barry Schieber

7–8:30 PM: Integrating the Teachings: Discussion & Questions

Barr Rosenberg, Barry Schieber, Abbe Blum

Tuesday, July 25

7–7:45 AM: Optional Morning Practice

Abbe Blum

9–10:30 AM: Body in Time, Body in Space

Carolyn Pasternak

11AM–12:20 PM: Retreat Teaching Session

Arnaud Maitland

3:45–5:30 PM: Retreat Teaching Session

Arnaud Maitland

7–8:30 PM: Integrating the Day's Teachings: Discussion & Questions

Arnaud Maitland, Carolyn Pasternak, Wangmo Dixey

Wednesday, July 26

7–7:45 AM: Optional Morning Practice

Barry Schieber

9–10:30 AM: What 'Is' Is

Robin Caton

11AM–12:20 PM: Metaphor and Meaning: The Poetics of Inner Space

Robin Caton

3:45–5:30 PM: Sacred Tibetan Art: Its Symbolic Language

Rosalyn White

7–8:30PM: Integrating the Teachings: Discussion & Questions

Robin Caton, Pema Gellek, Tsering Gellek

Thursday, July 27

7–7:45 AM: Optional Morning Practice

Abbe Blum

9–10:30 AM: First Retreat Teaching Session

Arnaud Maitland

11AM–12:20 PM: Inviting Light of Mind: Opening, Deepening,
Uplifting

Abbe Blum

3:45–5:30 PM: Mind Loves Fake News!

Robin Caton

7–8:30 PM: Integrating the Day's Teachings: Discussion & Questions

Abbe Blum, Arnaud Maitland, Robin Caton

Friday, July 28

7–7:45 AM: Optional Morning Practice

Barry Schieber

9–10:30 AM: Knowing Reflecting Throughout Time and Space

Carolyn Pasternak

11AM–12:20 PM: Therapeutic Self-Understanding Through
Uncommon Inquiry

Pema Gellek, Hugh Joswick

3:45–5:30 PM: Understanding the Knowledge Set Up: How to Move Beyond ‘How’

Pema Gellek, Hugh Joswick

7–8:30PM: Gathering & Practice in the Meditation Hall

Lama Palzang, Pema Gellek, Hugh Joswick

Saturday, July 29

7–7:45AM: Optional Morning Practice

Abbe Blum

8:30–10:30 AM: A Brief Introduction to the Lotus Trilogy/
Closing Remarks

Panel of Instructors/Pema Gellek and Barry Schieber