



WELCOME TO MACHIG LING

# The 4th Annual Chöd Retreat

With Chödpa Lama Rinpoche

**20th - 30th JUNE 2015**

**THIS STRICTLY SILENT RETREAT WILL TAKE PLACE IN MONTJOI FRANCE**

## **DAY 1**

Sunday June 21st

**6 am to 8 am** Begin with Mandala offering, Lamp offering and Lama Jangbod (Calling the Lama from afar) • 9 am to 12 pm CHOD EMPOWERMENT  
• 2 pm to 5 pm Teaching on Denthog Chigma and Lujin • 6 pm to 9 pm Group practice Chod Dagdangma (Lujin).

## **DAY 2**

Monday June 22nd

**6 am to 7:30 am** Begin with Mandala offering, Lamp offering and Lama Jangbod (Calling the Lama from afar) • Session I: 9 am to 12 pm Denthog Chigma • Session II: 1 pm to 3 pm • Session III: 4 pm to 6 pm • 7 pm Group practice Chod Dagdangma (Lujin).

## **DAY 3**

Tuesday June 23rd

**6 am to 7:30 am** Begin with Mandala offering, Lamp offering and Lama Jangbod (Calling the Lama from afar) • Session I: 9 am to 12 pm Denthog Chigma • Session II: 1 pm to 3 pm • Session III: 4 pm to 6 pm • At 7 pm Group practice Chod Dagdangma (Lujin).

## **DAY 4**

Wednesday June 24th

**6 am to 7:30 am** Begin with Mandala offering, Lamp offering and Lama Jangbod (Calling the Lama from afar) • Session I: 9 am to 12 pm Denthog Chigma • Session II: 1pm to 3 pm. • Session III: 3:30 pm to 6:30 pm • At 7 pm Group practice Chod Dagdangma (Lujin).

## **DAY 5**

Thursday June 25th

**6 am to 7:30 am** Begin with Mandala offering, Lamp offering and Lama Jangbod (Calling the Lama from afar) • Session I: 9 am to 12 pm Denthog Chigma • Session II: 1 pm to 3 pm. • Session III: 3:30 pm to 6:30 pm • At 7 pm Group practice Chod Dagdangma (Lujin).

## **DAY 6**

Friday June 26th

**6 am to 7:30 am** Begin with Mandala offering, Lamp offering and Lama Jangbod (Calling the Lama from afar) • Session I: 9 am to 12 pm Denthog Chigma • Session II: 1 pm to 3 pm. • Session III: 3:30 pm to 6:30 pm • At 7 pm Group practice Chod Dagdangma (Lujin).

## **DAY 7**

Saturday June 27th

**5 am to 7 am** Begin with Mandala offering and Lama Jangbod (Calling the Lama from afar) • 8 am starts Chod Tsogley Rinchen Trengwa for whole day • Breakfast at 7 am to 8 am • Lunch break at 12 pm to 1 pm • Tea break at 3 pm to 3:30 pm.

**ALL CHOD PRACTITIONERS WHO HAVE TAKEN EMPOWERMENT ARE WELCOME**

Spaces are limited, registration is required  
by email in advance

**Contact mikaele at: [wa.tento@laposte.net](mailto:wa.tento@laposte.net)**

Whole program for 7 days is **€ 370** with meal  
& indoor accommodation or **€ 330** for anyone  
staying outdoors in the tents or nearby with  
bed and breakfast of your own choice

For the transportation contact Denis directly at [chale.heureux@gmail.com](mailto:chale.heureux@gmail.com) or by phone on **0677712558**

For more information visit: [www.machigling.org](http://www.machigling.org) or [www.ngagparinpoche.org](http://www.ngagparinpoche.org)