



Celebrating the Path  
**Tergar Community  
Worldwide Retreat**



## **Retreat Host**

**San Francisco Bay Area and Aptos**

## **When**

Sunday, March 2

## **Retreat Schedule**

9:00-9:30: Gather, tea/coffee

9:30-10:30: Meditation with a mid-way break

Break

10:45-11:30: Messages of Greeting from H.E. Tai Situ Rinpoche, Tsoknyi Rinpoche, and Khenpo Kunga

11:30-1:00: lunch

1:00-1:30: Silent Walking Meditation or Sitting Meditation

1:30-2:30: Sharing stories of the Path and greetings of New Year to everyone

2:30-3:00: Mingyur Rinpoche's message about community, and a compassion Meditation for all beings

3:00-4:00: Nectar of the Path and Long Life Prayer for Mingyur Rinpoche

4:00-5:00: Mingyur Rinpoche Teachings

Website: <http://tergar.org/san-francisco-bay-area>

Website: <http://tergar.org/aptos>

## **Contacts**

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**All are welcome!**