



Celebrating the Path  
**Tergar Community  
Worldwide Retreat**



**Retreat host**

St. Augustine Tergar Meditation Community  
(Karen Keep)

**Where**

200 Arredondo Avenue, Saint Augustine, FL

**When**

Sunday, March 2 from 11:00am to 4:00pm

**Retreat Schedule**

11 am - 11:30am	Arrivals/ greetings/Pot Luck set-up
11:30 - Noon	Introduction & 20 minute Guided Meditation
Noon - 1:30pm	Pot Luck Lunch and socializing
1:30 - 3:00pm	Tergar filmed messages followed by Discussion
3:00 - 3:15pm	Break
3:15 - 3:30 pm	Offerings to the five elements
3:30pm - 3:50pm	Meditation (unguided)/ Dedication/ Long Life Prayer for Yongey Mingyur Rinpoche
3:50pm - 4:00pm	Clean-up / Goodbyes

**Contact**

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**All are welcome!**