



ACI-PHX

PASSION RETREAT SCHEDULE

Friday January 6, 2012

7-9:30pm: The Offering to Lamas

9:30-11pm: Get settled, personal quiet time

11pm: Lights out

Saturday January 7

7:30am: Wake up

7:45-8:15am: Morning snack

8:30-10am:

A Gift of Liberation

Course Three—What You Were Always Meant to Be

Review of Classes One and Two; conclusion Class Three, with Meditation

10:30-11:45am: Yoga

12:15-1:15pm: Lunch

1:15-2pm: Personal quiet time

2-4:30pm: Class Four, Part One, with Questions & Answers

5-6pm: Optional yoga break, walk, or personal quiet time

6-7pm: Dinner

7-8pm: Review groups

8-10pm: Class Four, Part Two, with Satsangama

10-11pm: Personal quiet time

11pm: Lights out

Sunday January 8

7:30am: Wake up

7:45-8:15am: Morning snack

8:30-10am: Class Five, Part One, with Meditation

10:30-11:45am: Yoga

12:15-1:15pm: Lunch

1:15-2pm: Personal quiet time

2-4:30pm: Class Five, Part Two, with Questions & Answers

5-6pm: Optional yoga break, or walk or other personal quiet time

or else take an Optional Energy Break:
A Lush & Loving Kidney Flush, with Mercedes Bahleda

6-7pm: Dinner
7-8pm: Review groups
8-10pm: Class Six, Part One, with Satsangama
10-11pm: Personal quiet time
11pm: Lights out

Monday January 9

7:30am: Wake up
7:45-8:15am: Morning snack
8:30-10am: Class Six, Part Two, with Meditation
10:30-11:45am: Yoga
12:15-1:15pm: Lunch
1:15-2pm: Personal quiet time
2-4:30pm: Class Seven, Part One, with Questions & Answers
5-6pm: Optional yoga break, walk, or personal quiet time
6-7pm: Dinner
7-10pm: A Ritual of Purification (Marshmallow Sojong)
10-11pm: Personal quiet time
11pm: Lights out

Tuesday January 10

7:30am: Wake up
7:45-8:15am: Morning snack
8:30-10am: Class Seven, Part Two, with Meditation
10:30-11:45am: Yoga
12:15-1:15pm: Lunch
1:15-2pm: Personal quiet time
2:30-4pm: Personal contemplation or hike; or else
Optional Energy Break: Food Awareness Youth
with Anatole Nguyen
4:30-5:15pm: Guided meditation
5:30-6:30pm: Dinner
7-8:30pm: Review groups
9-10pm: Je Tsongkapa Ritual & Meditation
11pm: Lights out

Wednesday January 11

7:30am: Wake up

7:45-8:15am: Morning snack

8:30-9:15am: Guided meditation

9:30-11am: Yoga

11am-1pm: Picnic lunch

1:15-2pm: Personal quiet time

2:30-4pm: Personal contemplation, study, or hike; or else Optional
Creativity Workshop: "My Secrets to Creativity in Dance,"
by Elisa Monte

4:30-5:30pm: Guided meditation

6-7pm: Dinner

7-8:30pm: Review groups

9-10pm: Je Tsongkapa Ritual & Meditation

11pm: Lights out

Thursday January 12

7:30am: Wake up

7:45-8:15am: Morning snack

8:30-9:15am: Guided meditation

9:30-11am: Group One, Yoga; Group Two, Creativity and Dance,
with Elisa Monte

11am-1pm: Picnic lunch

1:15-2pm: Personal quiet time

2:30-4pm: Personal contemplation, study, or hike; or else
Optional Creativity Class: Kedrup Je's "Clear Thinking,"
with Venerable Lobsang Nyinpo

4:30-6pm: Guided meditation & walk, or else Optional Creativity Class:
The "Sutra of the Wise Woman," with Mercedes Bahleda

6:30-7:30pm: Dinner

8-10pm: Class Eight, Part One, with Satsangama

10-11pm: Personal quiet time

11pm: Lights out

Friday January 13

7:30am: Wake up

7:45-8:15am: Morning snack

8:30-10am: Class Eight, Part Two, with Meditation

10:30-11:45am: Group Two, Yoga; Group One, Creativity and Dance,
with Elisa Monte
12:15-1:15pm: Lunch
1:15-2pm: Personal quiet time
2-3:30pm: Class Nine, Part One
4-5pm: Creativity and Solar Energy, Part One, with Eden Full
5:30-6:30pm: Dinner
7-10:30pm: Fire Offering with the Angel of Limitless Life, Amitayus
11pm: Lights out

Saturday January 14

7:30am: Wake up
7:45-8:15am: Morning snack
8:30-10am: Class Nine, Part Two, with Meditation
10:30-11:45am: Group One, Creativity and Dance, with Elisa Monte;
Group Two, Yoga
12:15-1:15pm: Lunch
1:15-2pm: Personal quiet time
2-4:30pm: Class Ten, Part One, with Questions & Answers
5-6pm: Optional yoga break, walk, or personal quiet time
6-7pm: Dinner
7:30-8:30pm: Creativity and Solar Energy, Part Two, with Eden Full
9-10pm: Class Ten, Part Two
10-11pm: Personal quiet time
11pm: Lights out

Sunday January 15

7:30am: Wake up
7:45-8:15am: Morning snack
8:30-10am: Course 3 Final Review, with Meditation
10:30-11:45am: Group One, Yoga; Group Two, Creativity and Dance, with
Elisa Monte
12:15-1:15pm: Lunch
1:15-2:15pm: Packup and clean cabin
2:30-4pm: The Offering to Lamas, with a Dance Performance
4pm: Leave for home and a life of passionate creativity! (Please do
not plan to leave early)