

# Summer Retreat 2018 “The 21 Nails” from the Zhang Zhung Nyen Gyu”

July 24-29 2018

## **July 24**

5:00pm – Arrival

6:00pm – Dinner

7:30pm – Introduction and teaching

## **July 25 -28**

7:00-8:00am TsaLung, Keksel, Tekcho (at the park)

8:00-8:30am Sang and Chutor

8:30-9:30am Breakfast

9:30-11:00am teaching

11:00-11:30am tea break

11:30-12:30pm ZZNG transmission and meditation

12:30-2:00pm lunch

2:00-3:30pm teaching

3:30-4:00pm tea break

4:00-5:00pm ZZNG transmission and meditation

5:00-6:00pm Thodgal practice (at the park)

6:00-8:00pm dinner and rest

8:00-8:45pm Sur offering and Chod.

## **July 29**

7:00-8:00am TsaLung, Keksel, Tekcho (at the park)

8:00-8:30am Sang and Chutor

8:30-9:30am Breakfast

9:30-11:00am teaching

11:00-11:30am tea break

11:30-12pm Tsök Offering

12:00-12:30pm Lunch

12:30pm – Departure

12:30-2:00pm clean up rooms and the hall.