Ipoh Seminar 2006
April 02 to 08, 2006

Subject:
During this seminar, Lama Norbu will be introducing the practice of Samatha meditation following the tradition of Mahamudra. The teachings will include practical instructions from *The Ocean of Definitive Meaning* from the 9th Gyalwang Karmapa, Wangchuk Dorje.
The teaching sessions will be alternated with sessions of intensive training in meditation.

Schedule:

April 02, 2006
15h00 - 16h00 Introductory lecture
17h00 - 18h15 Ritual of Dorje Phurba followed by the daily ritual of Mahakala

April 03 - 04, 2006
06h30 - 08h00 Ritual of Green Tara
09h30 - 11h30 Introduction to Mahamudra - The Preliminaries: Teaching Part 1 - 3
14h00 - 16h00 Introduction to Mahamudra - The Preliminaries: Teaching Part 2 - 4
17h30 - 18h15 Ritual of Mahakala
20h00 - 21h30 Introduction to Mahamudra - The Preliminaries: Personal study

April 05, 2006
06h30 - 08h00 Ritual of Green Tara
09h30 - 11h30 Introduction to Mahamudra - The sitting posture: Teaching and practice
14h00 - 16h00 Introduction to Mahamudra - The 9 breaths: Teaching and practice
17h15 - 18h00 Ritual of Mahakala
20h00 - 21h30 Introduction to Mahamudra - The sitting posture - The 9 breaths: Personal study

April 06 - 07, 2006
06h30 - 08h00 Ritual of Green Tara
09h30 - 11h00 Samatha Meditation I - III - Teaching and practice
14h00 - 16h00 Samatha Meditation II - IV: Teaching and practice
17h15 - 18h00 Ritual of Mahakala
20h00 - 21h30 Samatha Meditation: Personal Study

April 08, 2006
07h00 - 08h30 Ritual of Green Tara
09h30 - 10h30 Preparation of Ganachakra
11h00 - 14h30 Ganachakra of Khorlo Demchog
14h30 Dedication - Offerings to Lama - End of retreat

Fees:
Once again, Lama Norbu Repa insists that the seminar be free of charge for the members of the Centre. However attendees are invited to support the operating costs and material through donation.

Ethics:
Participants are requested to abide in the Buddhist ethics. This is an open retreat and therefore verbal communication should be kept to a minimum, while taking to heart the practice of the virtuous actions of body, speech and mind between the sitting sessions.