



WELCOME TO THE ANNUAL DZOGCHEN WINTER RETREAT

GENERAL INFORMATION

Registration

We would appreciate it if you register as soon as you arrive at the retreat. Please come at least one half hour before the Teachings are scheduled to begin in order to register and settle in before Ven. Rinpoche arrives.

Schedule & Location of Winter Retreat Activities

The majority of the retreat will take place at **First Unitarian Universalist Church located at 635 Prosperity Farms Rd. in North Palm Beach**. On weekdays, morning practice, the Teachings, and lunch will be at First Unitarian Universalist Church. The afternoon meditation, Dharmapala Practice, and evening Heart Sutra practice will be at the **Palm Beach Dharma Center at 1205 North Federal Highway, Lake Worth, FL (561-547-4711)**. The last day of the retreat, Saturday, will be held **entirely** at the Dharma Center. The schedule is subject to changes, so please listen for daily announcements. Please note that the schedule is **different** for weekends than it is on the weekdays.

Meals

Tsok will be celebrated after the Empowerment on Sunday and after the final Teaching on the second Saturday. We may have a Tsok during the week as well. Everyone is encouraged to participate in the Tsok offering by bringing fresh food items purchased or prepared especially for the Tsok or by making a monetary contribution in the collection basket provided.

Breakfast will be served after morning practice Mon - Sat. Lunch will be served after Teachings Mon. – Fri.. Dinner is on your own. However there will be a communal sangha dinner at the Center one evening during the retreat (details to be announced later).

Kriya Yoga

In order for things to run smoothly, and to allow everyone to attend the Teachings, retreatants will be assigned specific work chores as needed. Most of the food preparation is being handled by students of the Rinpoches who have generously offered their time and expertise, so kitchen duty is primarily a matter of helping to serve lunch and cleaning up afterwards. **Please report to the kitchen or your designated area on your day to work!** Also, we ask that everyone volunteer to assist with setting up for and

cleaning up after Tsoks. And, in the community spirit, if you see something that needs doing, please check with someone in charge to make sure, then set about doing it!

Bookstore

The bookstore at the church will be open after breakfast and immediately following the daily Teachings. The Lotus Born Bookstore at the Palm Beach Dharma Center will be open before Evening Practice.

Flowers

Offering flowers to the shrine is a wonderful Buddhist tradition that captures both beauty and transience, and we are all invited to bring fresh flowers to keep the shrines new and beautiful throughout the week. If you would like to offer flowers to the shrine at the UU church, please bring them to the small utility room across the church from the main entrance by 9:00 AM so that they can be arranged and placed on the shrine before the morning Teaching. If you wish to offer flowers for the shrine at the Center, please bring them during the afternoon break so that they can be arranged for the Center shrine.

Teachings and Daily Practices

Please arrive early for the Teachings and daily practices in order to get settled before Ven. Rinpoche arrives or practice begins. (For Teachings, please arrive by 9:30am.) If possible, please bring your own practice sadhanas and cushion, if you prefer to sit on the floor. A wrap or sweater is a good idea, as it can become very cool in South Florida in January.

Morning Practice

7:30 - 8:30 AM Mon. through Fri. at First Unitarian Universalist Church & the final Saturday at The Palm Beach Dharma Center.

Afternoon Meditation and Dharmapala Practice

Individual Meditation (2:30 - 3:00 PM) and Dharmapala Practice (3:30 PM) will be held at the Palm Beach Dharma Center Monday through Friday.

Evening Practice

Everyone is welcome to come to Evening Practice (Heart Sutra) at the Dharma Center Mon. - Fri. at 7:30 PM, even if you are unable to attend the rest of the retreat.

PROTOCOL

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Respect for the teacher and the teachings is an important part of Dharma practice. Below are traditional ways of showing this respect, and we invite you to join us in them.

- ◆ Please remove shoes before entering the shrine room.
- ◆ Please maintain silence in the shrine at all times except for functional talking.
- ◆ When Ven Rinpoche arrives, please stand, fold your hands, and bow your head.
- ◆ Do three prostrations with Ven Rinpoche, and then wait until he has taken his seat before you do three more prostrations. This shows respect for the Teachings and the Teacher.
- ◆ Please keep Dharma texts off the floor by placing them on fabric, on a shawl, or on your lap.
- ◆ Please be mindful not to step over texts and other ritual objects.
- ◆ Please do not show the bottoms of your feet to the shrine or Ven Rinpoche.
- ◆ Please do not lie down during any practice or Teaching, and do not sleep in the shrine room.
- ◆ Please do not disturb others who are doing practice or meditating or who have taken a vow of silence.
- ◆ Please do not touch, move, or change things on the shrine unless you are asked to do so.
- ◆ Please arrive early in order to be settled in time for Ven Rinpoche's arrival.

We dedicate the merit of this Retreat
for the benefit of all sentient beings