

WRC – Labor Day Retreat with Chason Geister

Friday, September 2

6pm-8pm – arrival, camp set-up, dinner

8pm-10pm – lecture “Karma” followed by 16K group meditation

Saturday, September 3

9am-10am – breakfast

10am-12pm – personal practice [Ngondro instructions if needed]

1pm-2pm – lunch

3pm-5pm – lecture “Bodhicitta”

6pm-8pm – dinner

8pm-10pm – lecture “Buddha Nature” followed by 16K group meditation

Sunday, September 4

9am-10am – breakfast

10am-12pm – personal practice [Ngondro instructions if needed]

1pm-2pm – lunch

2pm-3pm – WRC meeting

3pm-5pm – lecture “Diamond Way”

6pm-8pm – dinner

8pm-10pm – lecture “Meditation” followed by 16K group meditation

Monday, September 5

9-10am – breakfast

10-11am – 16K group meditation

11am-1pm – break-down the camp, cleaning, departure

Cost

Full retreat – \$90/adult, \$30/child – 8 meals included

Daily rates:

Friday/Monday – \$15/adult/day; \$5/child/day

Saturday/Sunday – \$45/adult/day; \$15/child/day

Please Register in Advance and Pre-pay Online at

<https://ssl4.westserver.net/diamondway.org/westrc/registration.php>

Bring

Your own meditation cushions and floor mats [we provide prostration boards], camping gear, plates, cups and utensils, swimming suit, towel, sun protection, warm clothes.

Look forward to seeing y'all soon and having another great retreat at the WRC!!!

Yours, WRC Team