

Schedule for The 16th Nyingma Summer Seminar

July 13-21, 2013

(Time zone: Mountain Time)

July 13: Hinayana Teachings

- Talk 1 (10 am): Dzigar Kongtrul Rinpoche
- Talk 2 (3 pm): Dungse Jampal Norbu
- Practice Group (2 pm): Shamatha and Self-Reflection—for anyone interested in learning more about the MSB Lineage Training Program

July 14: Hinayana Teachings

- Talk 1 (10 am): Elizabeth Mattis Namgyel
- Talk 2 (3 pm): Dzigar Kongtrul Rinpoche (includes Refuge Vows)
- Practice Group (2 pm): Four Immeasurables—for anyone interested in learning more about the MSB Lineage Training program

July 15: Mahayana Teachings

- Talk 1 (10 am): Dzigar Kongtrul Rinpoche
- Talk 2 (3 pm): Dungse Jampal Norbu
- Practice Group (2 pm): Refuge and Bodhichitta—for anyone interested in learning more about the MSB Lineage Training program

July 16: Mahayana Teachings

- Talk 1 (10 am): Dzigar Kongtrul Rinpoche
- Talk 2 (3 pm): Elizabeth Mattis Namgyel
- Practice Group (2 pm): MSB Lineage Ceremony—for students who have completed the MSB Lineage Ceremony in 2013 or anyone interested in becoming a formal MSB student in 2014.

July 17: Mahayana Teachings

- Talk 1 (10 am): Dzigar Kongtrul Rinpoche
- Talk 2 (3 pm): Dzigar Kongtrul Rinpoche
- Practice Group (2 pm): Pre-Sessions—for students who have completed the MSB Lineage Ceremony, but have not yet received the Session teachings

July 18: Mahayana Teachings

- Talk 1 (10 am): Pema Chodron
- Talk 2 (3 pm): Dzigar Kongtrul Rinpoche (includes Bodhisattva Vows)
- Practice Group (2 pm): Post-Sessions—for students who have completed the Sessions teachings, but have not yet started ngondro

July 19: Vajrayana Teachings

- Talk 1 (10 am): Dzigar Kongtrul Rinpoche
- Talk 2 (3 pm): Elizabeth Mattis Namgyel
- Practice Group (2 pm): Sadhana—for students who are practicing the guru yoga of the ngondro, or those currently doing sadhana practice

Schedule for The 16th Nyingma Summer Seminar (continued)
July 13-21, 2013
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July 20: Vajrayana Teachings

- Talk 1 (10 am): Dzigar Kongtrul Rinpoche (includes Rigdzin Dupa empowerment)
- Talk 2 (3 pm): Dungse Jampal Norbu.
- Practice Group (2 pm): Ngondro—for students practicing, or about to start practicing, ngondro

July 21: Vajrayana Teachings

- Talk 1 (10 am): Dzigar Kongtrul Rinpoche (includes tsok celebration and Sangha Ceremony)
- Lunch and clean up