

VAJRAPANI, LORD OF THE SECRET

THE COURAGEOUS POWER OF LOVE AND COMPASSION
ZACHOEJE RINPOCHE | SPRING RETREAT | APRIL 3-5, 2009



SCHEDULE

Friday April 3

- 5:30 pm Check in
- 7:00 pm Vegetarian potluck dinner.
Bring your favorite dish to share.
Please contact Donna Tash at donna@emahofoundation.org
and let her know what you would like to bring.
- 8:00-9:00 pm Informal discussion with Rinpoche

Saturday April 4

- 7:00 - 8:30 am Breakfast
- 9:00 am Registration for those coming for the day
- 10:00 am - noon Vajrapani Empowerment
- 12:45 pm Lunch
- 2:00 - 4:00 pm Instruction on the practice of Vajrapani
- For those staying for the full retreat:
- 5:30 pm Traditional Tibetan dinner
- 7:00 - 9:00 pm Teaching

Sunday April 5

- 6:30 am Tibetan Yoga with ZaChoeje Rinpoche
- 8:00 - 9:00 am Breakfast
- 10:00 am - noon Teaching, meditation and practice
- 12:45 pm Lunch
- 2:00 - 4:30 pm Teaching
- 5:45 pm Dinner
- 7:00 pm Retreat ends

All meals are vegetarian and are included in the registration fee.

You are invited for the full retreat.
If your schedule does not allow for the full weekend, you may register solely for the day of the empowerment.

Sign up online or download a registration form at www.emahofoundation.org

LOCATION



Desert Outdoor Center at Lake Pleasant

41402 N. 87th Avenue
Peoria, AZ 85383

ACCOMODATIONS

There are no camping accommodations, but dormitory-style bedrooms are available. Please bring what you would normally bring for a weekend away:

- your own sheet or sleeping bag, pillow and blanket for bunkbed
- towel
- a mala
- a yoga mat
- a flashlight
- a book to read
- if you plan to hike, bring hiking boots and long pants: be aware of snakes that may be coming out in April
- if you plan to stay for the whole weekend, please bring a potluck dish to share for Friday evening
- we will provide meditation cushions and chairs and all other meals
- there is very limited parking at the the Lake Pleasant Center: please carpool with at least 1 to 2 other people — contact Emaho if you need a carpool buddy
- Note that cellphone reception is limited at Lake Pleasant

Please contact us if you have any other questions or concerns. We are looking forward to sharing the Empowerment and Retreat with you.

To contact Emaho: email mail@emahofoundation.org