

LOSAR 2020

3-DAY MAHAKALA RETREAT



February 20, 21, & 22, 2020

This year's puja is dedicated to the long life and health of His Holiness, the 14th Dalai Lama and His Holiness, the 17th Gyalwa Karma May they live long!



A traditional offering for Tibetan New Year in monasteries and Buddhist centers around the world, the Mahakala Retreat or Drub Tab (Great Offering) practice includes 6-Armed Mahakala, White Mahakala, 5 Deities, Hayagriva, Tsok, and Long Life Pujas. Participants traditionally bring offerings such as flowers, incense, candles, katas, offerings for the Lamas. **INSTRUCTIONS** for this complex practice will be given in the gonpa Fridays 1-4 pm, Jan. 31, Feb. 7, Feb. 14.

PLEASE REGISTER (so we have a count for meals, tea, etc.)

nobletruth@earthlink.net, 505-603-0118, or Tsewang at 505-699-4735.

Suggested Donation: \$55/day or \$140 for three days. Lunch is provided three days, all three meals on the third. Your donation helps cover the costs of meals and meal preparation, tsok food offerings, tea, flowers, tormas, and offerings to the lamas.

SPONSORSHIPS AVAILABLE for shrine offerings, meals, lama offerings,, and to help with costs for other attendees. Call 505-603-0118 for information or email nobletruth@earthlink.net

MAHAKALA RETREAT SCHEDULE:

THURSDAY & FRIDAY

8:30-10:30 am	Puja
10:30	Break
10:45 – Noon	Puja
12:00-1:30	Lunch
1:30-3:30	Puja
3:30	Break
3:45 – 6:00 pm	Puja

SATURDAY

7:00 – 9:30 am	Puja
9:30	Breakfast
10:15 - Noon	Puja
12:00 -1:30	Lunch
1:30 – 3:30	Puja
3:30	Break
3:45-5:30	Puja
5:30-6:30	Dinner, Gutuk
6:30-8:00	Conclusion, Chi Lu



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VEN. LAMA KARMA DORJE & VEN. LAMA MINGMA SHERPA, RESIDENT TEACHERS