



**Invitation to the 13th New-Years Retreat in Yeselling
focusing on
The purification of the Six Lokas
January 1st – 6th 2023**

In this retreat we will mainly focus on the teachings *The purification of the Six Lokas*. We will not only watch the video of his teachings that Chögyal Namkhai Norbu gave during the retreat in 2001 in Merigar West but also read and study Rinpoche's explanations on this topic published in the books *Teachings on Semde, Rushan and Semzin, The Precious Vase and Longsal Commentary Vol. 3*.

In addition to that we will also follow the instructions of Chögyal Namkhai Norbu on *How to practice Ganapuja in the correct way*.

Oliver Leick will give short explanations on important Dzogchen-practices and collectively we will practice a lot.

In the evenings we can watch films of Chögyal Namkhai Norbu and Tibet.

In order to participate at this retreat, you need to have transmission from Chögyal Namkhai Norbu or Yeshe Silvano Namkhai.

Planned program (can still change according to the wish of the participants):

Sunday, January 1st 2023

18.30 – 20.00: Long practice of Green Tara and Ganapuja

Monday, January 2nd 2023

08.00 – 08.45: Practice of *Ödzer Chenma*
09.00 – 11.00: Practice of *Sang und Serkyem*
11.30 – 12.30: Long practice of Green Tara
15.30 – 17.30: Video-teachings of Chögyal Namkhai Norbu: *The Purification of the Six Lokas*
18.00 – 19.15: Practice of *The Purification of the Six Lokas*
20.00 – 21.00: film *Video Journal*

Tuesday, January 3rd 2023

08.00 – 08.45: Practice of *Ödzer Chenma*
09.00 – 11.00: Practice of *Sang*
10.15 – 11.00: Reading the various written teachings Chögyal Namkhai Norbu on *The Purification of the Six Lokas*
11.30 – 12.45: Practice of *The Purification of the Six Lokas*
16.00 – 17.15: Practice of *The Purification of the Six Lokas*
18.45 – 20.00: Video of Chögyal Namkhai Norbu: *General Introduction to Dzogchen*



Wednesday, January 4th 2023:

- 08.00 – 08.45: Practice of *Ödzer Chenma*
- 09.00 – 11.00: Practice of *Sang*
- 10.15 – 11.00: Reading the various written teachings Chögyal Namkhai Norbu on *The Purification of the Six Lokas*
- 11.30 – 12.45: Practice of *The Purification of the Six Lokas*
- 16.00 – 17.00: Oliver Leick: Explanations on the practice *Guruyoga with the White A*
- 17.30 – 18.30: Practice of *Guruyoga with the White A*
- 19.00 – 20.30: Video: *The Yogis of Tibet*

Thursday, January 5th 2023

- 08.00 – 08.45: Practice of *Ödzer Chenma*
- 09.00 – 11.00: Practice of *Sang*
- 10.00 – 11.00: Oliver Leick: Explanations on the practice *25 Spaces of Samantabhadra*
- 11.30 – 12.30: Practice of the *25 Spaces of Samantabhadra*
- 16.00 – 17.45: Video-teachings of Chögyal Namkhai Norbu: *How to practice the Ganapuja in the correct way*
- 18.30 – 20.00: Practice of the *Medium Ganapuja*
- Afterwards: Film *Video Journal*

Freitag, January 6th 2023

- 08.00 – 08.45: Practice of *Ödzer Chenma*
- 09.00 – 11.00: Practice of *Sang*
- 10.00 – 10.45: Questions & answers regarding the practices
- 11.00 – 12.30: Practice of *The Purification of the Six Lokas*
- Afterwards: collective cleaning up of Yeselling

This retreat will be offered in a “hybrid-format”: Practitioners are very welcome at Yeselling, the Covid-regulations valid at that time will be applied. However, online participation will also be possible, but not all practices or videos will be shown online. Please register until December 20th, 2022 on our website. After we received your registration we will send you the Zoom-link.

Course fee: Donation to support Yeselling and its maintenance.

We are looking forward to welcoming you in Yeselling,
kind regards,

Monika, Savia und Karoline

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