KTD Basic Personal Retreat Schedule
We hope the following will be useful guide for anyone on personal retreat; all activities are optional accept Karma Yoga (Karma Yoga assignment is given upon arrival).

If you wish to practice a silent retreat please see the Front Desk for a silent retreat badge.

6:00 am to 7:00 am – Green Tara Practice, Green Tara Shrine Room

7:30 am to 8:30 am – Breakfast, Dining Hall (breakfast is self-serve when there is no teaching program)
Karma Yoga: If you are assigned Breakfast Cleanup it will begin at 8:15 am (takes about 45 minutes).

8:30 am to 12:00 pm – Personal Practice may be done in the Main Shrine or Green Tara Shrine (if teaching / puja not in session). Personal practice may include such things as Ngondro, Shamatha Meditation, or other.

Or you may wish to practice in a private room if one was booked. Please avoid practicing in dorm rooms as this may disturb others wanting to rest.

Or please consider these other activities:

- Book Study in our library (residential building)
- Walking the trail to our scenic KTD Pond
- Practicing kora along our newly built Kora Path

12:00 pm to 1:00 pm – Lunch, Dining Hall
Karma Yoga: If one is assigned Lunch Cleanup it will begin at 12:45 pm (takes about 45 minutes).

Karma Yoga: If one is assigned housekeeping or facilities please come to the Front Desk at 1 pm.

2:00 pm to 4:30 pm – Personal Practice / Free Time - continue personal practice, or enjoy a free time activity. We recommend hiking the Overlook Mountain Trail across the street, or visiting the town of Woodstock as enjoyable activities.

4:30 pm to 5:30 pm – Mahakala Practice, Mahakala Shrine Room

6:00 pm to 7:00 pm – Dinner, Dining Hall
Karma Yoga: If one is assigned Dinner Cleanup it will begin at 6:45 pm (takes about 45 minutes).

7:00 pm to 8:15 pm – Chenrezig Practice, Main Shrine Room

8:30 pm to 10 pm – Reading / personal practice

10:00 pm – Rest / Bed, we recommend a winding down, silent reflection, and early bedtime for those here on personal retreat.