

Ratna Ling Volunteer Work-Study Retreat Program 2011

The Work-Study Retreat program combines work practice and classes in a schedule that runs from 8 am to 7 pm Monday to Thursday, with optional morning practice in Tibetan yoga and meditation.

The year is structured into four 11 week quarters with a one week break from the class portion of the schedule between each quarter. Work-practice continues through breaks between the quarters.

Daily schedule Monday to Thursday

6:00 – 7:00 am Kum Nye Tibetan yoga (optional)

Or

6:15 – 7:00 am guided meditation (optional)

8:00 am Morning circle, announcements and chanting

8:15 – 10:00 am work practice

10:00– 10:30am break

10:30am – 12:30pm work practice

12:30- 1:30pm lunch

1:30 -3:30pm work practice

3:30 -4:00pm Break

4:00 – 5:45pm work practice

6:00 -7:00 pm Class

Friday and Saturday is the same scheduling until 6:00 pm with an optional end-of-week dedication ceremony (or work practice until 6:00) No class on Saturday evenings.

Sundays are dedicated to community chores, sacred art and other on- site projects, study or reading, personal chores or outdoor activities in the surrounding area.

Classes

The classes follow a curriculum of Buddhist practices and study in the areas of Skillful Means, KumNye Tibetan yoga and Buddhist studies. They are integral to the schedule and are considered part of the work day. Please do not apply unless you are willing to be in class a minimum of two evenings Monday to Thursday during the duration of your commitment. Volunteers who are not in class Monday to Thursday are required to continue with work practice until 7 pm.

Monday - Skillful Means

Tuesday - Kum Nye Tibetan Yoga

Wednesday – Buddhist Studies

Thursday - Buddhist Studies

Friday - Tibetan language (optional)

The work-study retreat schedule includes a one day-long workshop/retreat per quarter on the last Saturday of each quarter. There is not work-practice on the day of the workshop.

In addition, there is time set aside in the evenings, Sundays and between quarters for work with sacred art and other on-site projects.