

Through his pure intentions to bring benefit and happiness to beings and the teachings, he has shown the example of being learned, venerable, and good, and accomplished the wishes of the Karmapa. May this incomparable master live long.

— His Holiness Karmapa's Spontaneous Long-Life Prayer for Khenpo Karthar Rinpoche, Kagyu Monlam, 2016

MONASTERY TOURS

Free guided tours are available to the general public and monastery guests on Saturdays and Sundays at 1 pm. Meet in the Gateway near the bookstore. On Saturdays, the tour is followed by a free Introduction to Meditation class.

INTRODUCTION TO MEDITATION

On Saturdays from 2 - 3 pm, KTD offers a free Introduction to Meditation class in the Amitabha shrine room. Daily sitting meditation is held in the main shrine room from 8:30 - 9:30 am. Contact: Jan Tarlin, 845-679-5906 x1012, jan@kagyu.org

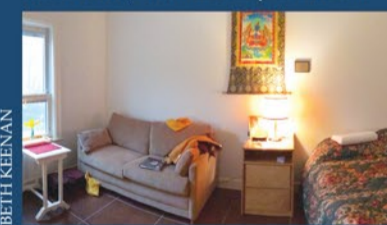


INTRODUCTORY DHARMA CLASSES

Our free INTRODUCTION TO TIBETAN BUDDHISM class takes place from 7:30 - 8:30 pm on Wednesday nights in the Amitabha shrine room. The classes explain the history, practices and principles of the Kagyu Tibetan Buddhist tradition. Arrive at 7 pm for a half-hour of sitting meditation before the class begins. In addition, a free DHARMA BOOK STUDY CLASS is offered from 7:30-8:30 pm Thursday nights in the Amitabha shrine room, preceded by a half-hour of sitting meditation beginning at 7 pm.

PRIVATE INTERVIEWS

During teachings, Rinpoches and lamas sometimes give private audiences to discuss questions related to practice and spiritual life. Please request an interview when you make your reservation, as availability is limited.



PERSONAL RETREATS

Rooms with woodland views, comfortable beds and private baths provide a serene, peaceful setting for spiritual practice and retreats. When accommodations are available, meditators may do a personal retreat, consulting with KTD's resident lamas to develop a daily practice schedule. Please submit a personal retreat application form at least two weeks in advance. The application is reviewed by KTD lamas for approval. Contact Guest Services at office@kagyu.org to obtain the application form.

GETTING TO KTD

335 Meads Mountain Road, Woodstock, New York 12498 U.S.A. *air:* Stewart International Airport in Newburgh & Albany County Airport in Albany. *train:* The nearest station is Rhinecliff, about 18 miles from KTD. Taxis are available. *bus:* Adirondack Trailways from Albany or NYC connects in Kingston to Woodstock. Taxis are available (call ahead to arrange pickup). *car:* Please consult the website for detailed driving instructions. Do not park in the trailhead parking lot across from the monastery or on the road. Parking at KTD's lower parking lot is available.

KARMA TRIYANA DHARMACHAKRA

PROGRAM SCHEDULE OCTOBER 2016 - JANUARY 2017

OCTOBER 2016

“HEARTFELT ADVICE” ON THE THREE YANAS Lama Dudjom Dorjee October 7-9

Lama Dudjom Dorjee will illuminate the main principles and practical practices of Buddhism, and offer remarks and advice from his book “Heartfelt Advice.” There will be opportunities for meditation and for questions and answers.
\$120/\$96 KTD members

PARINIRVANA OF HIS HOLINESS THE 16TH GYALWANG KARMAPA October 9

To commemorate the passing of His Holiness the 16th Karmapa, we perform Guru Yoga in the evening.

TEACHINGS ON “THE PRECIOUS GARLAND OF THE SUPREME PATH” Tulku Damcho Rinpoche TRANSLATOR: LAMA YESHE GYAMTSO October 14-16

Tulku Damcho continues teachings on “The Precious Garland of the Supreme Path” by Lord Gampopa. Loosely structured into twenty-eight topics of instruction, this book distills all the advice of the great forefather of the Kagyu lineage for the sake of future generations. Lord Gampopa himself said: “I ask all the people of the future who are devoted to me but think they cannot meet me to please read ‘The Precious Garland of the Supreme Path,’ ‘The Ornament of Precious Liberation,’ and my other works. It will be no different from meeting me in person.”
\$120/\$96 KTD members

NYUNGNE - GREAT OCCASION OF BUDDHA’S DESCENT FROM HEAVEN (LHABAP DUCHEN) Lama Karuna October 20-23

Lhabap Duchen is one of the Four Great Occasions, commemorating Buddha’s descent from heaven back to earth. The effects of virtuous actions such as fasting are multiplied on this day. Instructions are given the evening of October 20. The fast begins after lunch on October 21, continues on October 22 (Lhabap Duchen) and ends with breakfast on October 23.
\$40 for Teachings*

LONG-LIFE DRUPCHOD With Lodro Nyima Rinpoche October 30 - November 5

Drupchods are the practice offerings to major Kagyu yidams to consecrate the environment, accumulate merit, purify negativities, and benefit beings. You may observe the puja, do your own practice, contribute toward offering lamps or food for the daily tsok feasts, and receive daily blessings. Offerings, particularly to the sangha, are welcome and appreciated.

NOVEMBER 2016

THE MIND OF BODHICITTA Lodro Nyima Rinpoche November 11-13

Bodhicitta is the main practice of Mahayana and Vajrayana. Bodhicitta is the source of all the qualities of buddhas and bodhisattvas. Lodro Nyima Rinpoche will explain how to practice bodhicitta, the categories of bodhicitta, and describe meaningful practices for our daily life.
\$120/\$96 KTD members

BLESSINGS OF MANI PILLS Khenpo Karthar Rinpoche TRANSLATOR: LAMA YESHE GYAMTSO November 18-20

Buddhism has many types of dharma pills. Khenpo Karthar Rinpoche will teach about mani pills (called *mani rilbu* in Tibetan), their benefit, their practice use, their ingredients, and our lineage’s practice with them. In particular, mani pills have a special benefit for cleaning negative thoughts and diseases and increase love and compassion.
\$120/\$96 KTD members*

TEENS MEDITATION, 2-DAY RETREAT KTD Khenpos and Lamas November 25-26

Through guided meditation, small group discussions, and fun workshop activities, participants experience a sense of connection and nature.
\$20 for Teachings



YOGA DURING TEEN RETREAT AT KTD
AMBER RONIGER PHOTOGRAPHY

DECEMBER 2016

VAJRA VARAHI DRUPCHOD December 4-10

Drupchods are the practice offerings to major Kagyu yidams and are performed yearly at monasteries to consecrate the environment, accumulate merit, purify negativities, and benefit beings. The Drupchod is performed by the Karme Ling lamas. You may observe the puja, do your own practice, contribute toward offering lamps or food for the daily tsok feasts, and receive daily blessings. Offerings, particularly to the sangha, are welcome and appreciated.

WHITE TARA RETREAT Lama Lodro Lhamo December 16-20

Khenpo Karthar Rinpoche says that if done with sincerity and devotion White Tara practice can lead to perfect awakening. Lama Lodro Lhamo teaches on the text, ritual, chanting, music, and tormas Fri-Sun and leads practice sessions Mon-Wed.
\$120/\$96 KTD members*

WHITE TARA EMPOWERMENT Khenpo Karthar Rinpoche December 17, 7 pm \$20

MEDICINE BUDDHA RETREAT Khenpo Ugyen Tenzin TRANSLATOR: LAMA YESHE GYAMTSO December 23-25

Medicine Buddha is the practice of physical and spiritual healing and helps accumulate the causes of healing. This Buddha of Healing has the power to see the true cause of any affliction whether spiritual, physical or psychological and alleviate it.
\$120/\$96 KTD members*

AMITABHA EMPOWERMENT Khenpo Karthar Rinpoche December 27, 7 pm \$20

AMITABHA RETREAT Khenpo Karthar Rinpoche December 27-31

The annual Amitabha Retreat is a practice intensive of the “Buddha of Boundless Light” leading up to the First Light Ceremony for World Peace on January 1. Amitabha is particularly associated with longevity and the accumulation of merit, the cause to be reborn in his Pure Realm.

JANUARY 2017

FIRST LIGHT January 1

At sunrise, we renew our prayers for world peace and offer long-life blessings with the lighting of 108 offering lamps. The names and dedications of those donating toward the lamps will be read.

LOJONG: SHORT 7 POINT MIND TRAINING Khenpo Ugyen Tenzin TRANSLATOR: LAMA YESHE GYAMTSO January 6-10

Lojong is the Tibetan word for “mind training,” and is an antidote to emotional pain and suffering. The practice is revered throughout Tibet as containing the essence of the Buddhist teachings, including helpful Dharma slogans we can use in times of need.
\$120/\$96 KTD members*

SHAMATHA Khenpo Karma Tenkyong January 13-17

Buddhist Meditation Master, Khenpo Karma Tenkyong, takes you on a five-day journey through the basics of shamatha meditation for healthy mind and body. Learn why meditation is a central practice of Tibetan Buddhism and receive teachings on the nine stages, five preparations, seven-point posture, and seven conditions necessary for meditation. Practice different aspects of shamatha including sight, sound and breathing techniques for focusing and quieting your mind.
\$120/\$96 KTD members*

NGONDRO TEACHING AND RETREAT Lama Karma Drodhul January 27-31

Ngondro is the foundation practice for the Kagyu lineage and gives all subsequent practice, including Mahamudra, its substance and strength. Beginners and practitioners receive instructions, support and group practice.
\$120/\$96 KTD members*

TYPICAL TEACHING SCHEDULE		
FRIDAY 7-8:30 pm: Teaching	SATURDAY 10 - 10:30 am: Meditation 10:30 - Noon: Teaching 3 - 3:30 pm: Meditation 3:30 - 5 pm: Teaching	SUNDAY 10 - 10:30 am: Meditation 10:30 am - noon: Teaching 2 - 2:30 pm: Meditation 2:30 - 4 pm: Teaching
<i>Note: Individual retreats may vary.</i>		

DAILY SCHEDULE	
6:00 am:	Green Tara Prayers
7:30 am:	Breakfast
8:30 - 9:30 am:	Sitting and Walking Meditation
Noon:	Lunch
4:30 - 5:30 pm:	Mahakala Protector Prayers
6:00 - 6:45 pm:	Supper
7:00 pm:	Chenrezik Prayers
All practices are voluntary. Sitting meditation is held in the main shrine hall. Green Tara and Chenrezik are held in the Green Tara Shrine Room. Mahakala is held in the Mahakala Shrine Room.	



STEPHANIE COLVEY

FULL MOON CHENREZIK

Chenrezik is a bodhisattva who embodies the compassion we seek to develop in ourselves. The Chenrezik puja is practiced every night at KTD, but the full moon is considered an especially powerful time to practice.

FULL MOON CHENREZIK PUJA 7 - 8 PM
OCTOBER 16, NOVEMBER 14, DECEMBER 14,
JANUARY 12

PROGRAMS CAN CHANGE. CONTACT US TO
CONFIRM SCHEDULE & TO REGISTER: 845-679-
5906 EXT. 3 OR VISIT KAGYU.ORG

*2 scholarships are available, for details,
contact the office at office@kagyu.org

TSOK OFFERINGS

A tsok or feast gathering is one of the most important practices of Tibetan Buddhism. It is a powerful method of purification, representing a gathering of fortunate individuals, offerings, deities, merit, and wisdom. All are welcome to attend these ritual practices, which feature chanting and food offerings.

KUNCHOK CHIDU OR SHOWER OF BLESSINGS GURU RINPOCHE TSOK 6:30PM

OCTOBER 11, NOVEMBER 9, JANUARY 7
The 10th day of the lunar calendar is connected with Guru Rinpoche (Padmasambhava) who is revered as the Second Buddha. Practice will alternate monthly. All are invited.
Please call 845-679-5706, ext. 37 to confirm.

KARMA PAKSHI TSOK 6:30PM
OCTOBER 25, NOVEMBER 24, DECEMBER 24,
JANUARY 22 This practice is done once a month at KTD as per request of Khenpo Karthar Rinpoche on the 25th lunar calendar day. All Sangha members are encouraged to attend.
Please call 845-679-5706, ext. 37 to confirm.

CHÖD PRACTICE

CHÖD 6:30PM OCTOBER 3, NOVEMBER 3,
DECEMBER 3, JANUARY 3