

Mahamudra Retreat
with Ven. Tenzin Sherap
Nalanda Monastery, 25 to 30 July 2026

The retreat will be held in silence.

Each session will consist of 15 minutes of breath meditation,
25 minutes of meditation (alternating between guided and unguided),
and 5 minutes of commentary.

Saturday 25 July:

7pm–9pm: Introduction to the retreat

Sunday 26 July:

7.00–7.45 am: Preliminary practices

7.45–9.00 am: Breakfast

9.00–9.45 am: Sitting 1: Stillness of Mind

9.45–10.15 am: Walking meditation

10.15–11.00 am: Sitting 2: Stillness of Mind – Dissolution of the Elements

11.00–11.30 am: Break

11.30 am–12.15 pm: Sitting 3: Observing the mind – ‘searching for the mind’

12.30 pm Lunch

3.00 pm–3.45 pm: Sitting 4: Observing the moving or thinking mind – Introduction to Higher Vision through thoughts

3.45 pm–4.30 pm: Walking meditation

4.30pm–5.15pm: Break

5.15pm–6pm: Sitting 5 Free

6pm Dinner

7pm–9pm: Q&A. Discussion about the day. Meditative reading of Mahamudra texts.

Monday 26 July

7.00–7.45 am: Preliminary practices

7.45 am: Breakfast

9.00–9.45 am: Sitting 1: Observing the mind that reflects appearances and the mind in relation to the body

9.45–10.15 am: Walking meditation

10.15–11.00 am: Sitting 2: The combined observation of the peaceful mind and the restless mind

11.00–11.30: Break

11.30–12.15: Sitting 3: Free

12.30: Lunch

15.00–15.45: Sitting 4: Recognising the nature of the peaceful mind

3.45pm–4.30pm: Walking meditation

4.30pm–5.15pm: Break

5.15pm–6pm: Sitting 5: Free

6pm Dinner

7pm–8.30pm: Q&A. Discussion about the day. Meditative reading.

Tuesday 27 July

7.00–7.45 am: Preliminary practices

7.45 am: Breakfast

9.00–9.45 am: Sitting 1: Recognising the nature of the moving or thinking mind

9.45–10.15 am: Walking meditation

10.15–11 am: Sitting 2: Free

11–11.30 am: Break

11.30 am–12.15 pm: Sitting 3: Recognising the nature of the mind that reflects phenomena and that of the mind in relation to the body

12.30pm: Lunch

3.00pm–3.45pm: Sitting 4: The joint recognition of the nature of the peaceful mind and the animated mind

3.45pm–4.30pm: Walking meditation

4.30pm–5.15pm: Break

5.15pm–6pm: Sitting 5: Free

6pm: Dinner

7pm–8.30pm: Q&A. Discussion about the day.

Wednesday 28 July

7.00–7.45 am: Preliminary practices

7.45 am: Breakfast

9.00–9.45 am: Sitting 1: 'Ordinary' consciousness

9.45–10.15 am: Walking meditation

10.15–11 am: Sitting 2 (Free)

11–11.30 am: Break

11.30 am–12.15 pm: Sitting 3 (Guided)

12.30 pm: Lunch

3–3.45 pm: Sitting 4: Unguided

3.45–4.30 pm: Walking meditation

4.30–5.15 pm: Break

5.15–6.00 pm: Sitting 5: Unguided

6.00 pm: Dinner

7.00–8.30 pm: Q&A. Discussion about the day.

Thursday 29 July

7.00–7.45 am: Preliminary practices

7.45 am: Breakfast

9.00–9.45 am: Guided sitting 1

9.45–10.15 am: Walking meditation

10.15–11 am: Unguided sitting 2

11–11.30 am: Break

11.30 am–12.15 pm: Walking meditation

12.30 pm: Lunch

3–3.45 pm: Guided sitting 3

3.45–4.30 pm: Walking meditation
4.30–5.15 pm: Break
5.15–6 pm: Unguided sitting 4
6 pm: Dinner
7–8.30 pm: Q&A. Discussion about the day.

Friday 30 July

7.00–7.45 am: Preliminary practices
7.45 am: Breakfast
9.00–9.45 am: Guided sitting 1
9.45–10.15 am: Walking meditation
10.15–11.00 am: Sitting 2 – Tonglen practice
11.00–11.30 am: Break
11.30 am–12.15 pm: Sitting 3 (Unguided)
12.30 pm Lunch
3.00 pm–4.30 pm Sitting 4 / Inspiration for continuing the practice.
End-of-retreat discussion. Dedication
4.30–5.15 pm: Break
5.15–6.00 pm: Sitting 5 (optional)