First Annual Natural Dharma Fellowship Dathun

Join Natural Dharma Fellowship's sangha for the First Annual NDF Dathun, a month-long practice period. The Dathun provides an opportunity for the sangha to enter into intensive retreat practice together in noble silence, with a structured schedule, meals, practice periods, dharma teachings and yoga support provided.

If you are looking for an opportunity to deepen in your personal meditation practice, and connect to sangha, join us for this unique and joyful communal experience. Please see below for details about teachers-in-residence and topics. Some dates have restrictions (see below). July 6-10 has no attendance restrictions.

<table>
<thead>
<tr>
<th>June 30–July 5</th>
<th>The Spark of Freedom</th>
<th>2015 Margha Program Participants Only</th>
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</thead>
<tbody>
<tr>
<td>July 6–10</td>
<td>Love, Compassion and Wisdom</td>
<td>Open to All, No restrictions</td>
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<tr>
<td>July 11–16</td>
<td>The Spark of Freedom</td>
<td>2015 Margha Program Participants Only</td>
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<tr>
<td>July 17–24</td>
<td>Vajrayana</td>
<td>Open to Ngondro, Vajrayogini and other Vajrayana Practitioners</td>
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<td>July 25–31</td>
<td>Vajrayana Level 3</td>
<td>Open to Vajrayana Level 3 Practitioners and participants in the 7/17-24 retreat who wish to extend their solitary practice.</td>
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**Commencement Days**

June 30th, July 6, 11, 17, 25

New Guests may arrive in the afternoon between 4 and 5 on commencement days. Orientation will take place in the evening before dinner.

The schedule for each commencement day (after June 30th) will be as follows:

- **6:45 – 7:30** Sunrise Meditation (End noble silence after sunrise meditation)
- **8:30 – 9:30** Breakfast
- **9:30 – 3:00** Open Period for staff, teachers, retreatants, etc. (cleaning, food prep, break)
- **4:00 – 5:00** Arrival & Check-in of new guests (yogi jobs, tour, etc.)
- **5:15 – 5:45** Orientation
- **6:00 – 7:00** Dinner
- **7:30 – 9:15** Intro-Talk with Teachers followed by Mitra or VY led meditation. (Resume noble silence)

Natural Dharma Fellowship is a Buddhist community that supports the transmission and cultivation of contemplative and ethical practices for a better world. We believe that the inner development of compassion and wisdom facilitates authentic transformation in our workplace, family, relationships, community and society as a whole. We support the transmission of traditional Buddhist lineage teachings and also encourage an active and ongoing integration of these teachings into the many contexts of modern American life.
Concluding Days
July 5, 10, 16, 24, 31

Noble silence will continue all day. The schedule for each concluding day will be as follows:

6:45 – 7:30       Sunrise Meditation
7:30 – 8:30       Yoga (or Closing Circle)
8:30 – 9:30       Breakfast
10:00 – 11:00     Check-out for departing guests
10:00 – 12:00     Space is Held for Intensive Meditation Period*
12:00 – 2:00      Lunch
2:00 – 4:00       Space is Held for Intensive Meditation Period*
4:00 – 5:00       Yoga
6:00 – 7:00       Dinner
7:30 – 9:15       Space is Held for Intensive Meditation Period*

* Two 45 minute periods

Dathun Daily Schedule

6:45 – 7:30       Sunrise Silent Meditation
7:30 – 8:30       Yoga
8:30 – 9:30       Breakfast
10:00 – 12:00     Intensive Meditation/Teaching Period
12:00 – 2:00      Lunch
2:00 – 4:00       Intensive Meditation/Teaching Period
4:00 – 5:00       Yoga
6:00 – 7:00       Dinner
7:30 – 8:15       Small Group Q & A or Council Practice
8:30 – 9:15       Evening Silent Meditation