

## **Shakgya, the 100 Days and Nights Retreat**

Since 2010, Dza Kilung Rinpoche has offered a retreat program called Shakgya, the 100 Days and Nights Retreat. Introducing this traditional Tibetan form of retreat was a response to students' requests to help close the gap between practitioners' aspirations for serious retreat and development and their householder obligations and schedules.

Rinpoche feels that many practitioners at intermediate and advanced levels are ready to launch into more serious and focused practice. Shakgya, if continued seriously for some years, can result in a significant gain in knowledge, experience and realization.

### **Shakgya Program**

In the program, students commit to doing the equivalent of 100 full days of retreat during the year and at least one hour of practice daily. As there are many ways to accomplish the 100 Days and Nights, Rinpoche is supportive of each person's individual needs and encourages everyone to find their own way to accomplish their retreat goals. The fundamental point is to increase and strengthen the commitment to practice daily and to create a lifestyle that accommodates that intention.

### **Shakgya Retreats**

Every year, participants meet with Rinpoche for two weekend retreats (November and April). Attendance at these 2 retreats is mandatory unless a student has special permission from Rinpoche. Due to Covid 19 restrictions, currently, all retreats are on Zoom.

During the Shakgya year, November to November, students work with a text chosen by Rinpoche and with their individual practices, As well, all students can schedule an interview with Rinpoche to discuss practice questions/experiences.

Students may begin their retreat anytime after the November teachings. Traditionally, as students often completed their 100 days from January to mid April, a closing celebration of accomplishment was scheduled for mid-April. We continue the mid April retreat as a celebration for those who have accomplished their 100 Days and Nights and for many of us, as an opportunity to check in with Rinpoche and with each other as we continue our retreat program through the year.

In addition to the two weekend retreats, students meet together monthly for a 2 hour discussion and practice group focused on the text that we are studying. We have found these groups to be very helpful - increasing understanding and providing support.

At the beginning of the year, students receive a prayer booklet with specific teachings, practices and prayers chosen by Rinpoche. Many report that these prayers and practices have been foundational in supporting their daily home practice.

### **Shakgya application**

Students need to have Rinpoche's permission to enter into this retreat. Rinpoche reviews every new student's application prior to accepting them. Applications are available upon request at [pkretreats@gmail.com](mailto:pkretreats@gmail.com)

### **Future years**

At this time, the Shakgya retreat program is ongoing, with new participants able to join each year.

### **Location**

Currently, all retreat programs are held online on Zoom.

### **Cost**

There is a cost to participate, with a sliding scale to ensure that any qualified applicant can enter into this program. Scholarships are also available

**If you are interested in participating in the Shakgya program, please contact us at [pkretreats@gmail.com](mailto:pkretreats@gmail.com)**