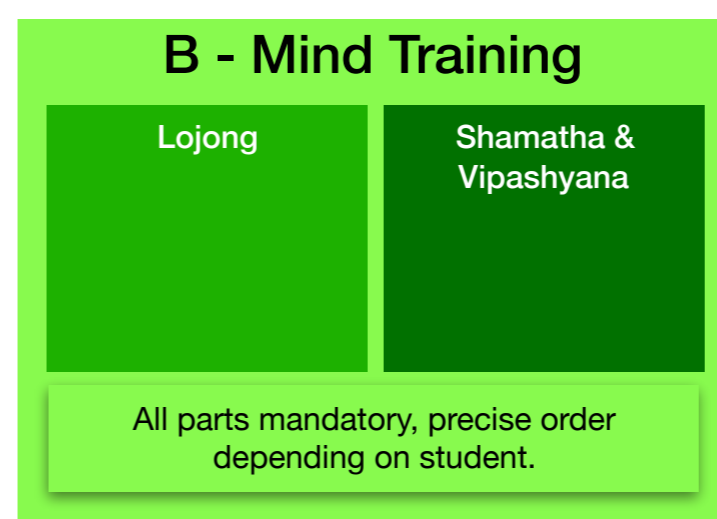
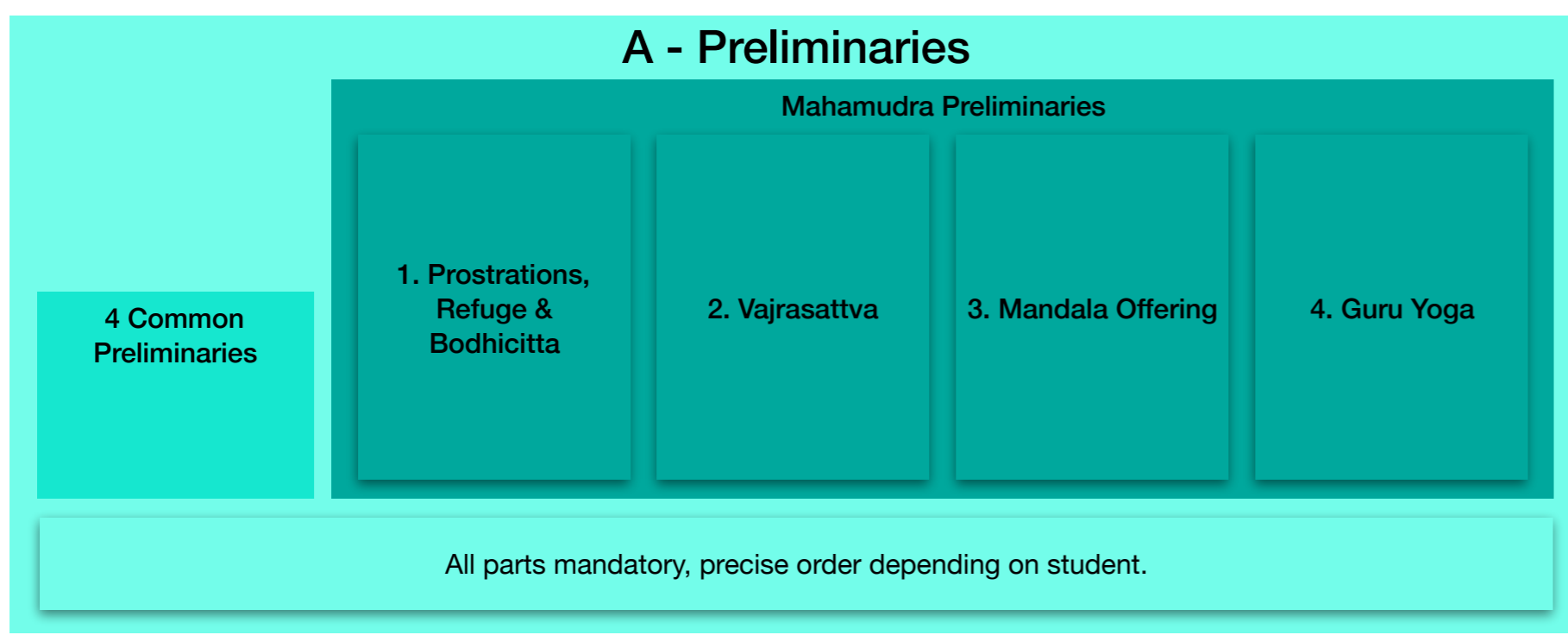
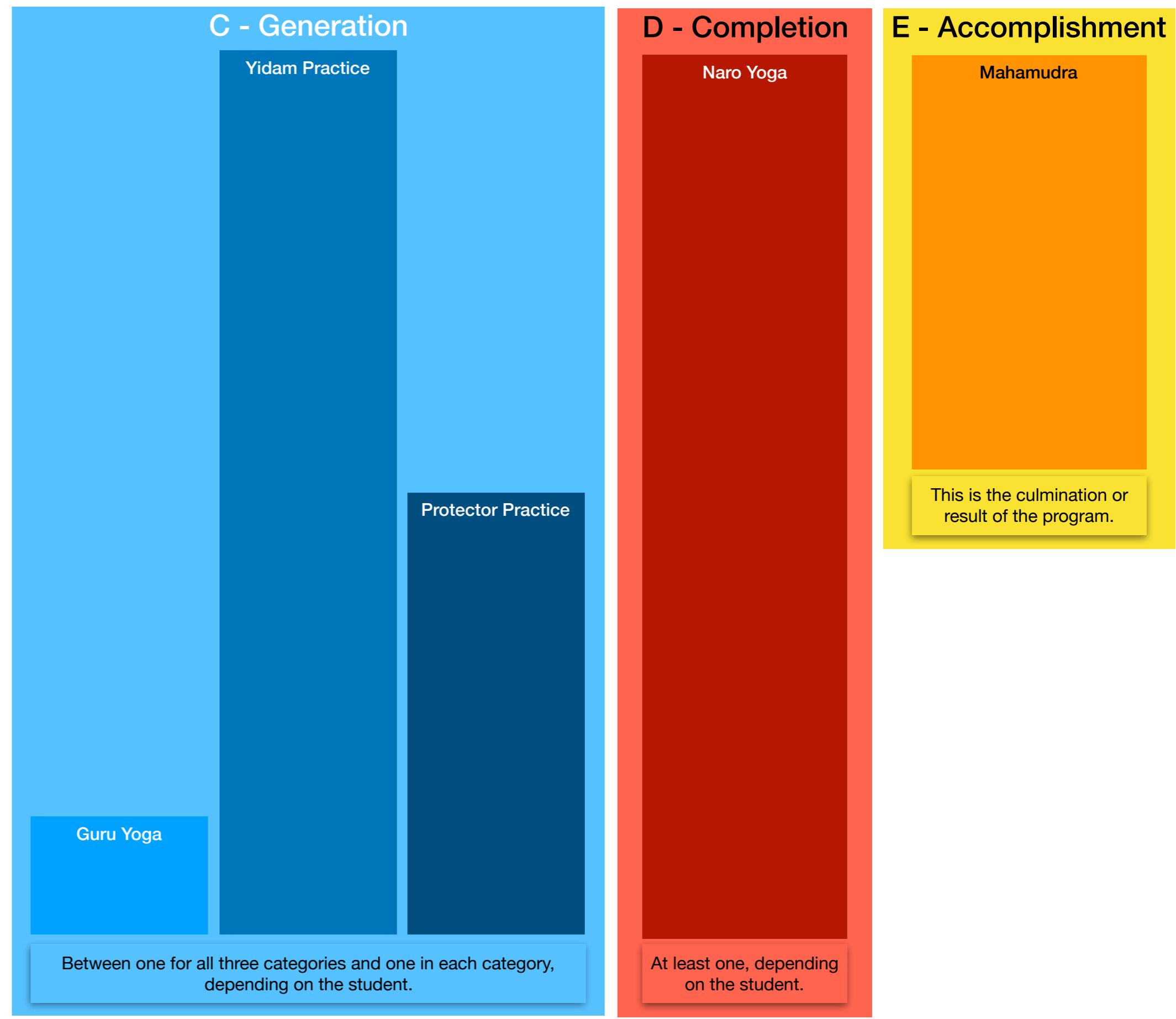


# Kagyü Yogi Academy Curriculum

Relative duration per retreats

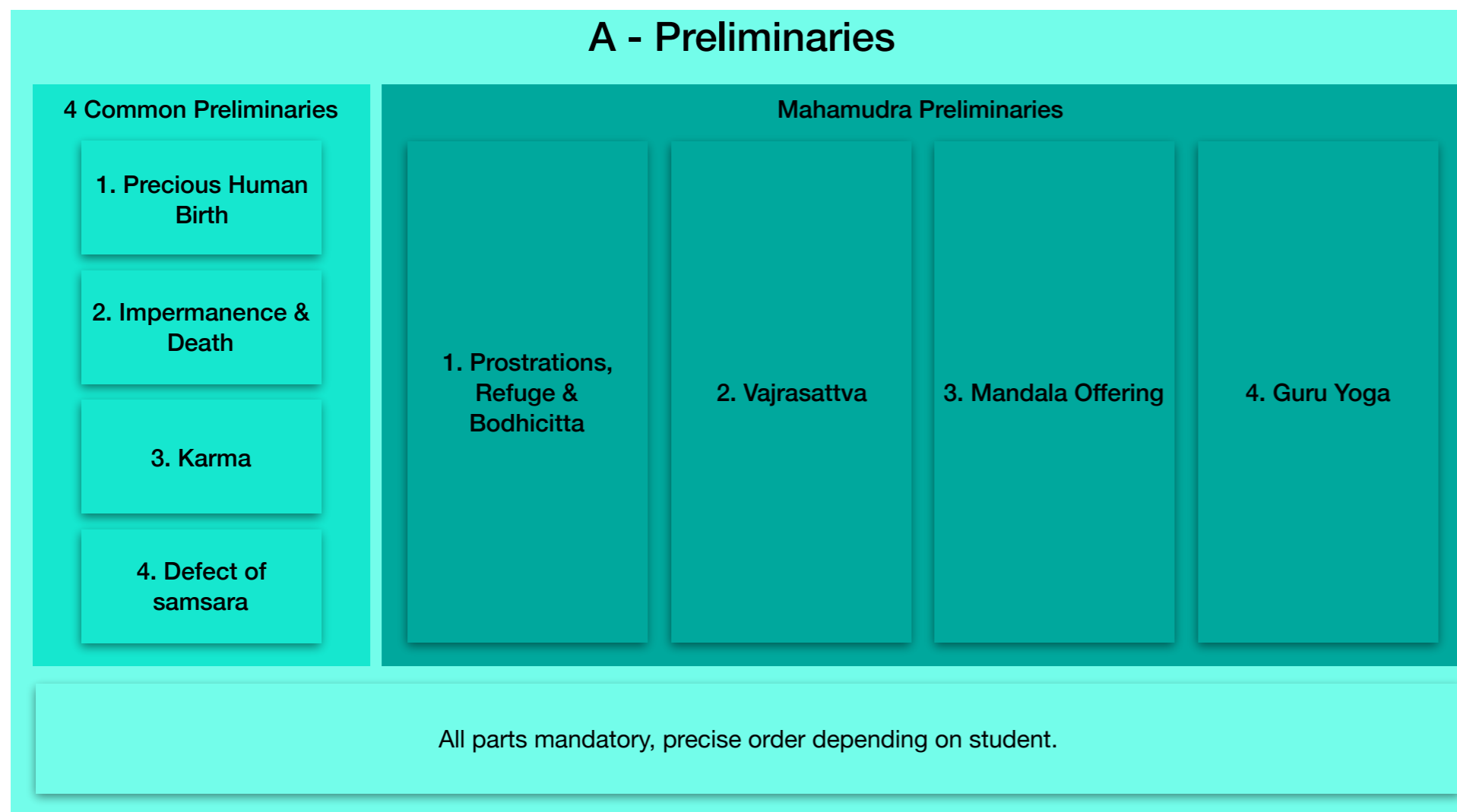


Possible overlap

Approximate order of retreats

# A - Preliminaries

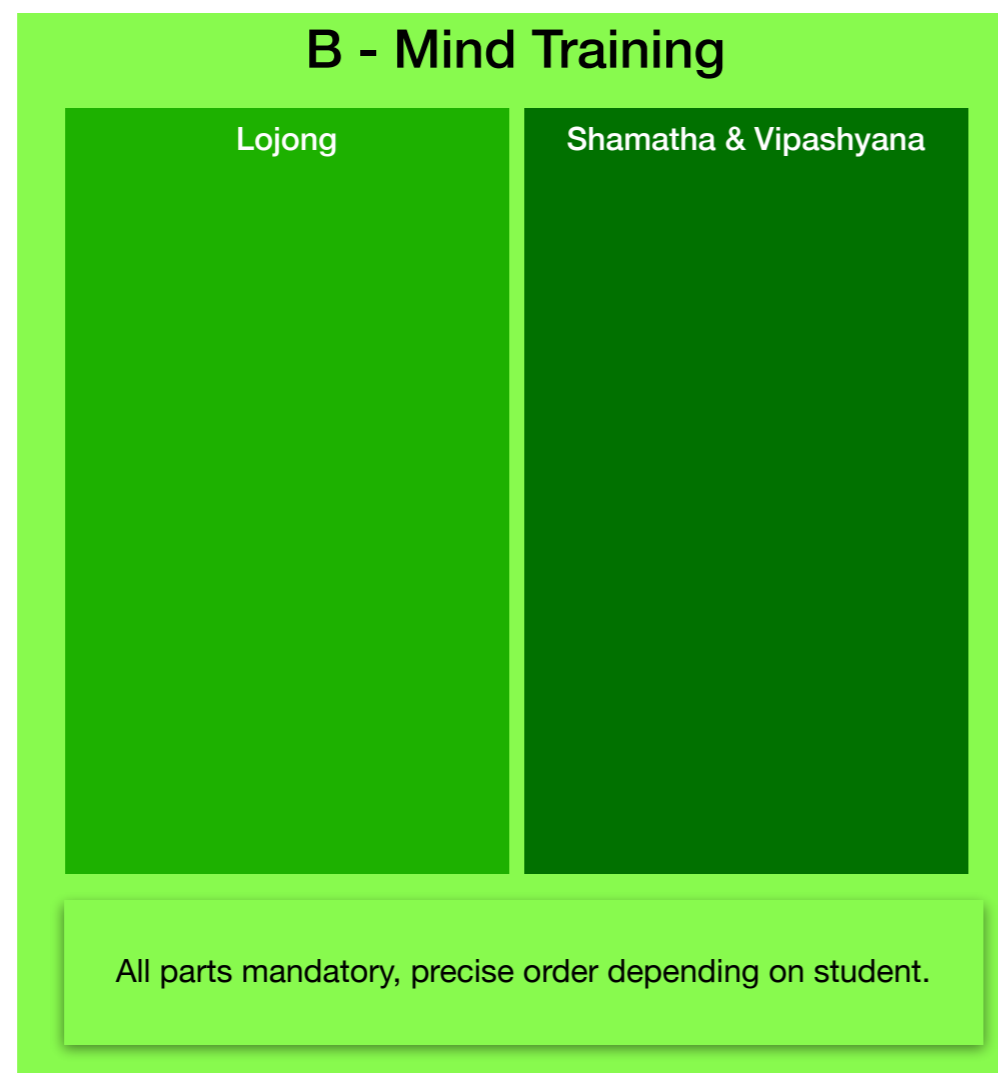
All modules are mandatory; the precise order and other details depend on the student.



- A1 - The Four Common Preliminaries
  - Each module will take three, five, or seven days.
- A2 - The Mahamudra Preliminaries
  - All four modules together will take about six months.
  - The distribution of time between modules depends on students' conditions.

# B - Mind Training

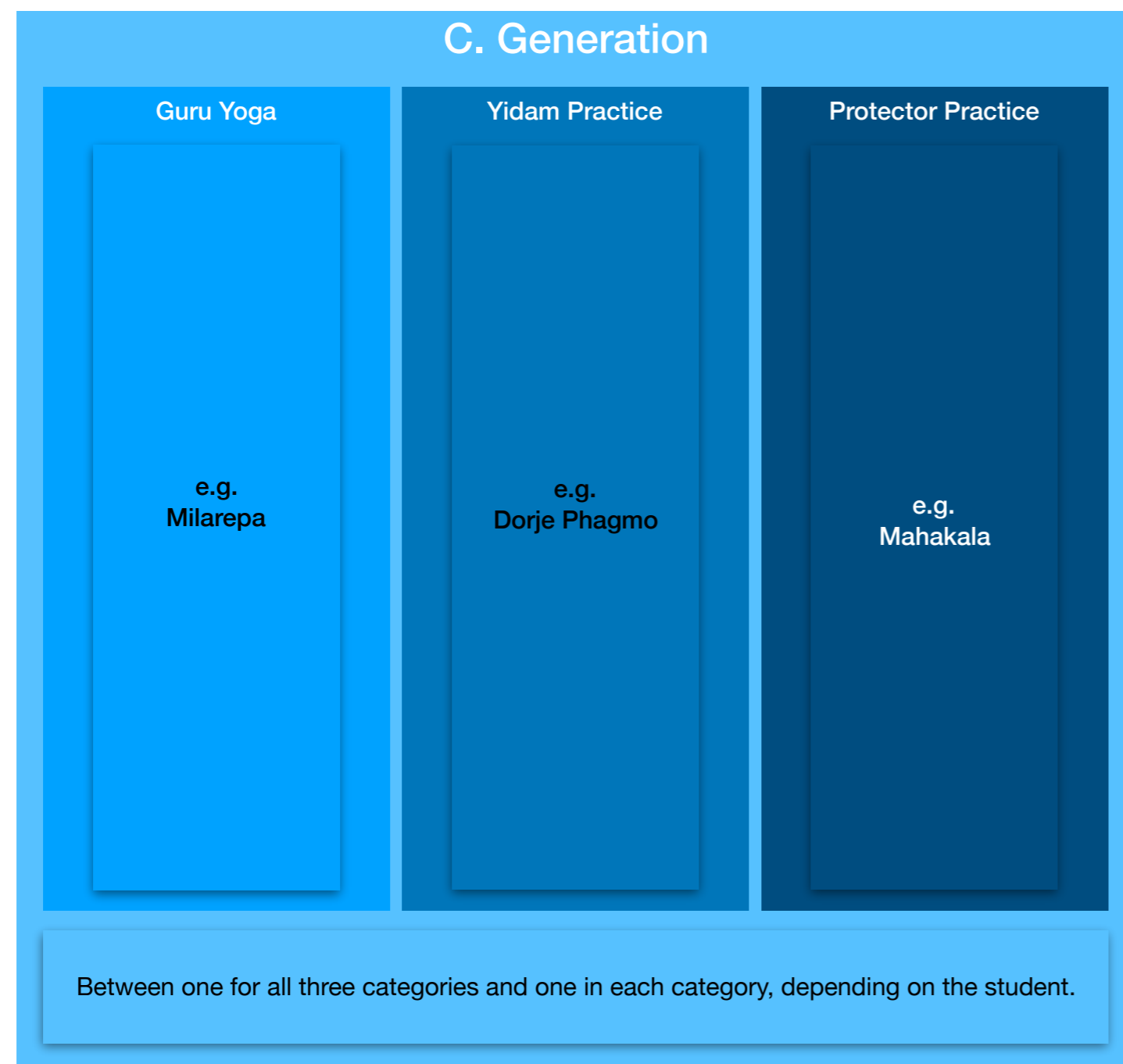
All modules are mandatory; the precise order and other details depend on the student.



- B1 - Lojong
  - This module will take about one month.
- B2 - Shamatha & Vipashyana
  - This module will take about one month.

# C - Generation Stage

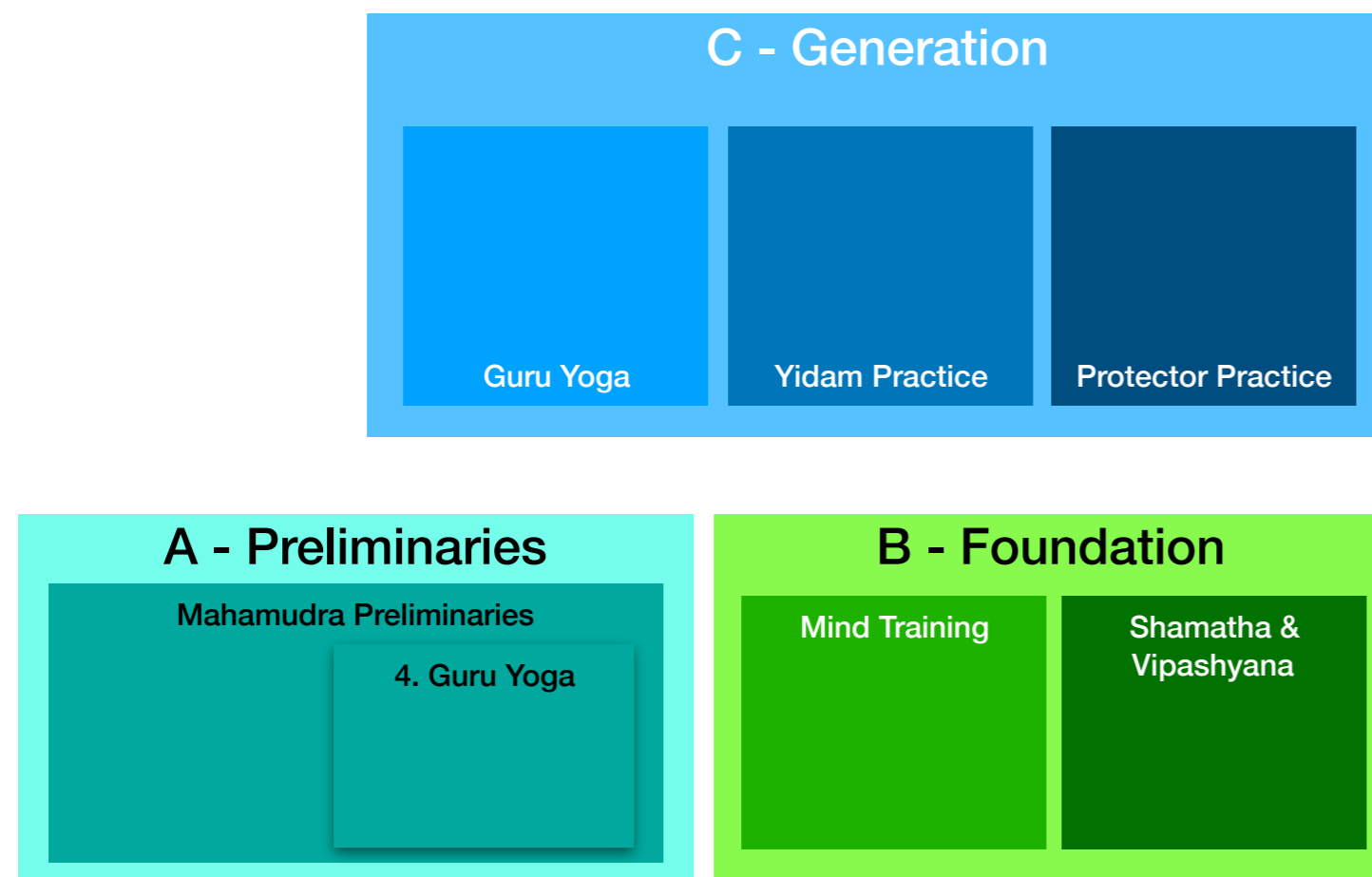
Between one for all three categories and one in each category, depending on the student.



- C1 - Guru Yoga
  - This module takes about 3 weeks.
- C2 - Yidam Practice
  - This module takes about 6 months.
- C3 - Protector Practice
  - This module takes about 3 months.
- Using only one or two practices across all three categories is possible and choosing to do so depends on the student. However, it doesn't necessarily cut down retreat time.

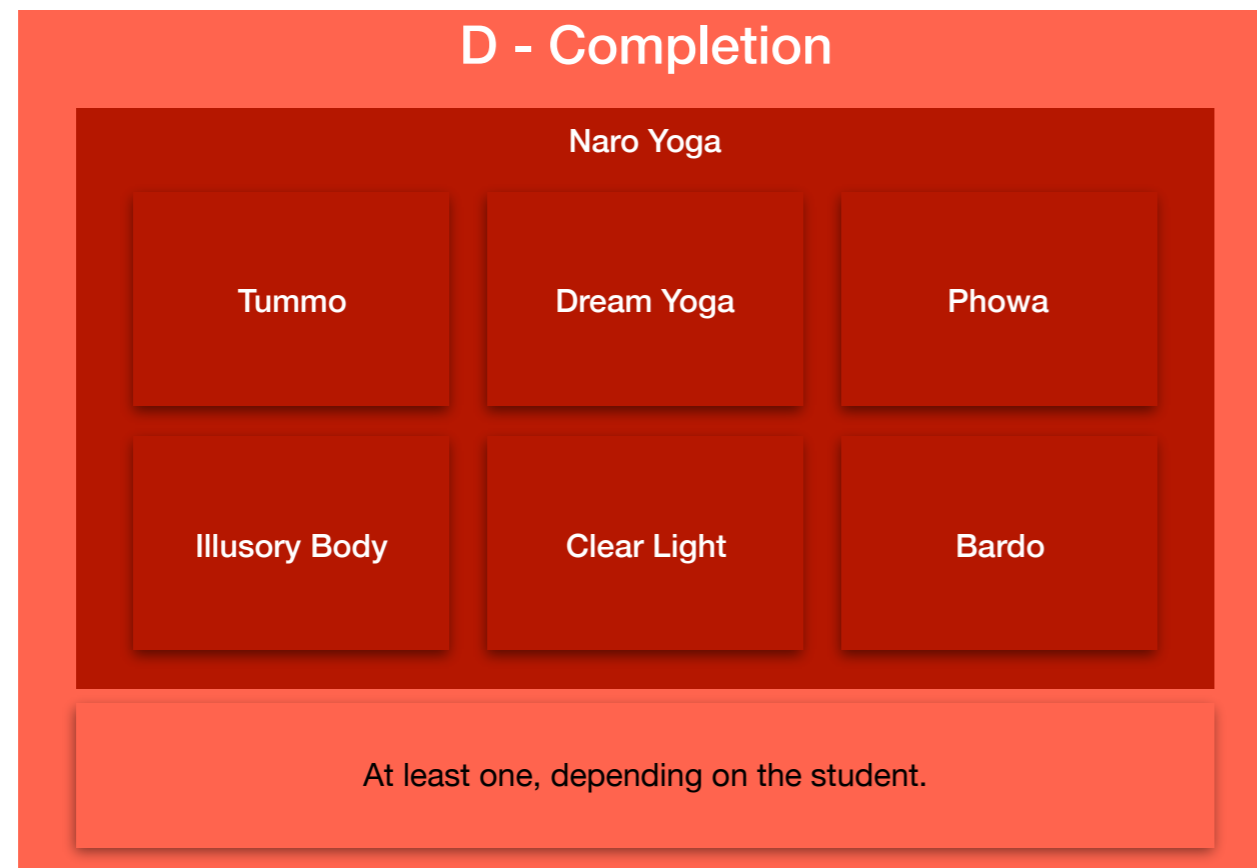
# A/B/C - Possible Overlap

By default, the practices are completed in order, however, depending on the student, some overlaps are possible.



- A2.4/C1 - Guru Yoga
  - These two can be joined by choosing only one guru yoga and using it already during the preliminaries.
- B2/C - Shamatha & Vipashyana
  - Shamatha and Vipashyana can be practiced as part of any or all of the generation stage practices.
- These overlaps depend on the student. Choosing to do so, however, will not necessarily cut down on retreat time

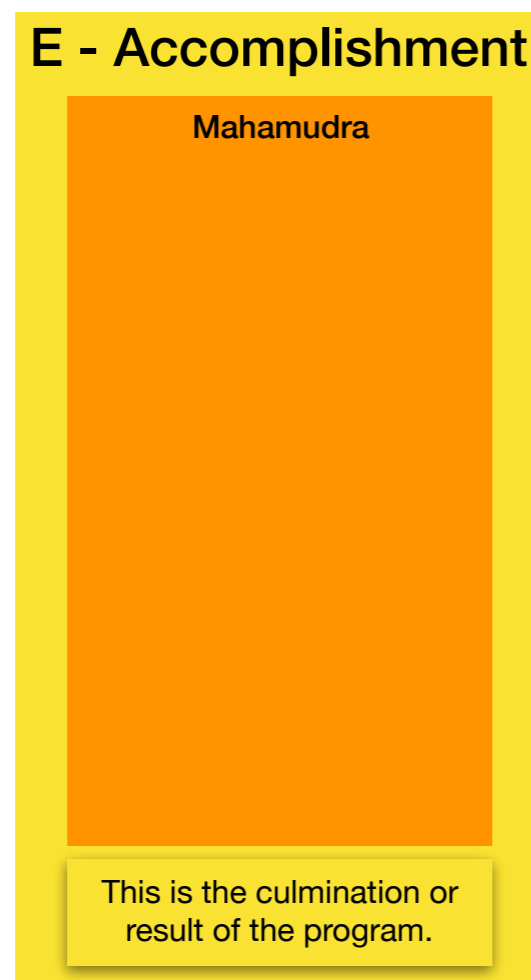
# D - Completion Stage



At least one of the six yogas, depending on the student.

- Expect this stage to take six months or more.

# E - Accomplishment



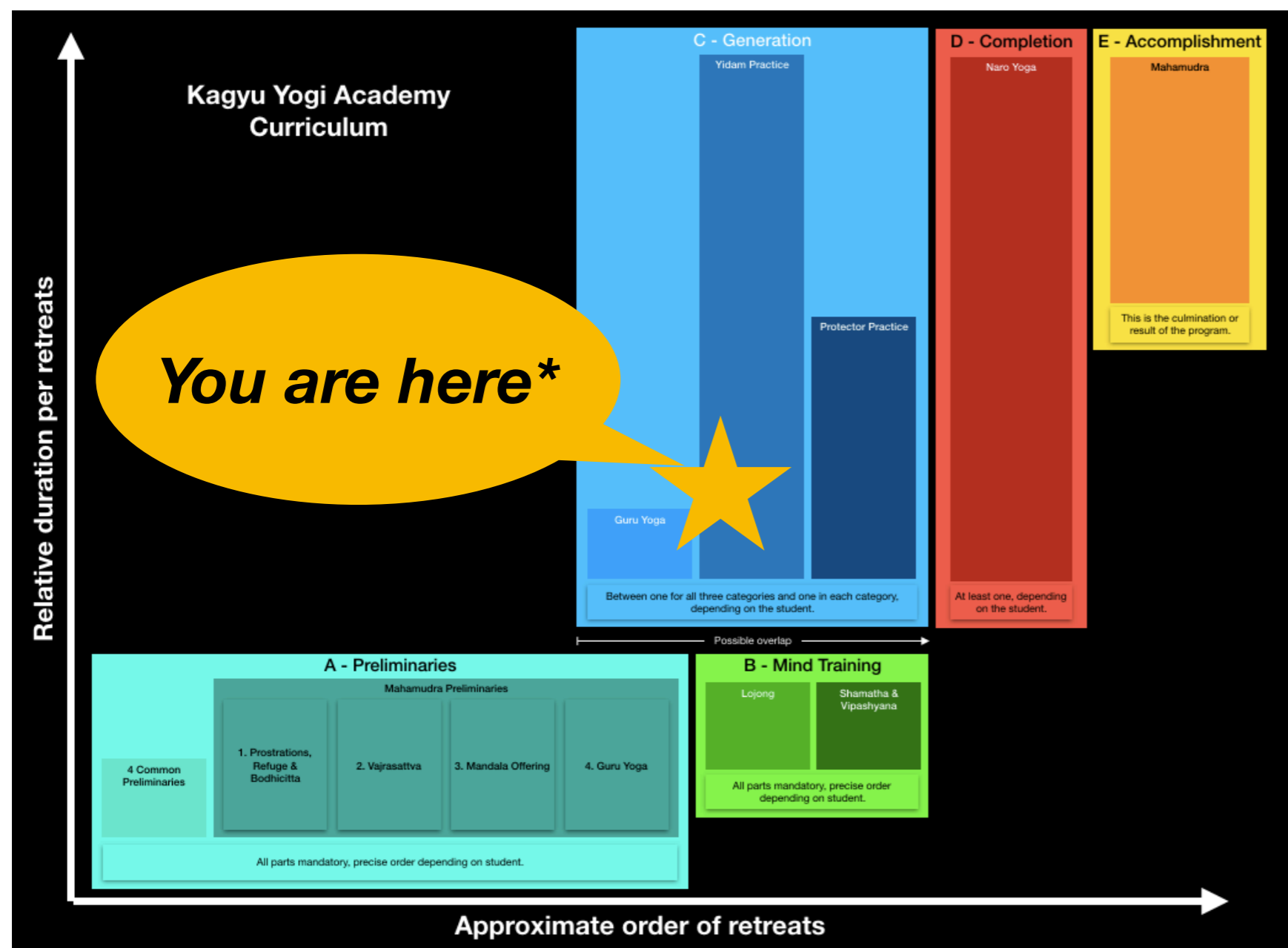
It is not feasible to predict the duration for this module.

- If all the previous stages are completed diligently and appropriately, Mahamudra is the fruit.

# Application & Contact

More information, application, and contact... <https://manjushri.center>

- Your starting point will depend on your practices to date and will be determined together with Rinpoche.



- Join any suitable course with Rinpoche that is part of the program, and Rinpoche will advise where and how to begin your own retreat.

# Places for courses & retreats

## Asia



**Manjushri  
Retreat Center,  
Bangkok, TH**

**KIBS,  
Kirtipur, NP**



**Jangchub Chöling  
Monastery,  
Pokhara, NP**



## Europe



**Karma Shedrup  
Chöling,  
Gedsted, DK**