

Program:

Hevajra – YabYum Drubchen 2025

Friday August 22nd , 2025 – Arrival Day

- 17.30-18.30 Volunteers meet their Team leader
18.30-19.30 Dinner (*Please come to dinner on time!*)
20.00- **Mandatory meeting** for all participants

Saturday August 23rd , 2025 – Preparation Day

- 09.00-09.30 **Welcome** + Mandala offering
09.30-10.30 **Explanations**
10.30-11.00 Break
11:00-13.00 **Teachings**
13.00-13.45 Lunch
15.00- 16.30 **Teachings**
16.30-17.00 Tea Break
17.00-19.00 **Teachings**
19.00 Dinner

Sunday August 24th – Friday August 30th, 2025 (in silence) – Actual Drubchen

- 06.15-06.45 **Yoga in silence – outside (optional)**
06.45-07.30 Breakfast + Mantra recitation
08.00-10.30 **1. Session – Preliminaries + Self Generation** (silence starts Sunday 24th)
10.30-11.00 Break + Mantra recitation
11.00-12.15 **2. Session – Vase Generation**
12.15-13.15 Lunch + Mantra recitation (+KarmaYoga/Break)
14.00-16.15 **3. Session – Front Generation**
16.15-17.00 Break (*optional Yoga in silence – outside*) + Mantra recitation
17.00-19.00 **4. Session – Self-Empowerment + Short Tsok** (silence ends Thursday 29th)
19:00-19:45 Dinner + Mantra recitation
20.30-21.00 **Dudsolma + Concluding Prayers**

The Drubchen includes night sessions and mantra recitation 24 hours.

Saturday August 31st, 2025 – Concluding Day

06.15-06.45	Yoga – <i>outside (optional)</i>
06.45-07.30	Breakfast
09.00	Conclusion 1: <ul style="list-style-type: none">- Self Generation- Big final Tsok- Teachings on the Fire Puja
12.30	Lunch
14:00	Conclusion 2: <ul style="list-style-type: none">- Fire puja (outside)- Conclusion of the Drubchen with Dissolution- Farewell- Auspicious and Longlife Prayers
18:00-18:45	Dinner
19.30-20.00	Dudsolma
20:00	Group-Sharing: exchange of experience

Please note:

- For participation a High Yoga Tantra empowerment with Wang / Lung / Tri is obligatory. Means one has received an empowerment, with word transmission and teachings for a Mother Tantra like Hevajra or Nairatmya, or other High Yoga Tantra empowerments like Chakrasamvara, Vajra Yogini or Yamantaka.
- The Damtsig (commitment) required for this practice, is to carry the Hevajra Tantra with you and to practice at least a (very) short form of the Hevajra or Nairatmya Tantra daily.
- A Drubchen means to hold the mantra or visualization for 24 hours for at least 5 full days, by minimum 5 persons. So, all participants are requested to also take part in the night sessions. Also in break-times at least 5 persons have to hold the visualization.
- Yoga or Pranayama by **Giorgio Savigliano** – *still in planning state*

Please note: If necessary, this program can be modified!

Last Status: 27.01.2025