

March 13 - 17

WEEK LONG SCHEDULE

Monday–Thursday

8:00	–	9:00am	Breakfast
9:00	–	9:30am	Meditation
9:30	–	12:00pm	Lama Dorjee – morning teaching
12:00	–	2:00pm	Lunch
2:00	–	3:30pm	Open time
3:30	–	4:00pm	Meditation
4:00	–	5:30pm	Lama Dorjee – afternoon teaching
5:30	–	6:00pm	Break
6:00	–	7:15pm	Dinner
7:30	–	8:00pm	Chenrezig practice with Lama Dorjee
8:00	–	9:00pm	Lama Dorjee – evening session
9:00	–	9:05pm	Karma Yoga reminder

Friday Last Day of Retreat

8:00	–	9:00am	Breakfast
9:00	–	10:30am	Lama Dorjee concluding remarks, homework, and blessing
10:30			Retreat closing and clean up