

Light of the Path Schedule

Schedule subject to change

Sunday 3rd Sep

9 am to 3 pm	Check in
5 pm	Introductory Session
7 pm	Dinner

Mon 4th to Sat 16th Sep

5:30 to 7:30 am	Preliminary Prayers & Lama Choepa
7.30 am	Breakfast
9 to 10 am	Continuation Lama Choepa
10 am	Break
10.30 to 11.30 am	Meditation & review of previous night teaching
11:30 am	Lunch
2 to 3 pm	Discussion Groups
3 pm	Break
4 to 7 pm	Teaching with Rinpoche
7 pm	Dinner
8 to 9 pm	Purification and Protector Practices

Sunday 17th Sep

5:30 to 7:30 am	Preliminary Prayers & Lama Choepa
7.30 am	Breakfast
9 to 10 am	Continuation Lama Choepa
10 am	Break
10.30 to 11.30 am	Meditation & review of previous night teaching
11:30 am	Lunch & end of retreat

