**November Course Schedule**

**First Day**

5.00 pm Tea in the dining room

5.30 pm Introductory session

7.00 pm Dinner

8.00 pm First session

**Daily Schedule**

5.00 am (Mahayana Precepts – only during last 8 days)

5.30 am Prostrations

6:00 am Tea

6.30 am Morning meditation

7.30 am Breakfast

9.00 am Teaching with break

11.30 am Lunch

2.00 pm Discussion group

3.30 pm Teaching

5.00 pm Tea break

6.00 pm Lam Rim meditation

7.00 pm Dinner

8.00 pm Evening meditation

**Second last day**

7.30 am Pilgrimage to Swoyambhu and Boudha Stupas

**Last day**

9.00 am Last teaching and wrap-up

12 noon Picnic lunch for participants in the courtyard