

Refuge Retreat

Date	Timetable	Retreat
21/5 Friday	7:15 am – 8:30 am	Session 1
	10:30 am – 11:45 am	Session 2
	4:00 pm – 5:15 pm	Session 3
	7:30 pm – 8:45 pm	Session 4
22/5 Saturday	7:15 am – 8:30 am	Session 1
	10:30 am – 11:45 am	Session 2
	4:00 pm – 5:15 pm	Session 3
	5:30 pm – 6:40 pm	Wishfulfilling Jewel with Tsog Puja
	7:30 pm – 8:45 pm	Session 4
23/5 Sunday	7:15 am – 8:30 am	Session 1
	10:30 am – 11:45 am	Session 2
	4:00 pm – 5:15 pm	Session 3
	7:30 pm – 8:45 pm	Session 4
24/5 Monday	7:15 am – 8:30 am	Session 1
	10:30 am – 11:45 am	Session 2
	4:00 pm – 5:15 pm	Session 3
	7:30 pm – 8:45 pm	Session 4
25/5 Tuesday	7:15 am – 8:30 am	Session 1
	10:30 am – 11:45 am	Session 2
	4:00 pm – 5:15 pm	Session 4
	7:30 pm – 9:15 pm	Offering to the Spiritual Guide Tsog puja
26/5 Wednesday	7:15 am – 8:30 am	Session 1
	10:30 am – 11:45 am	Session 2
	4:00 pm – 5:15 pm	Session 3
	7:30 pm – 8:45 pm	Session 4
27/5 Thursday	7:15 am – 8:30 am	Session 1
	10:30 am – 11:45 am	Session 4
	6:00 pm – 9:15 pm	Melodious Drum Puja