

## 金剛瑜伽母禪修閉關日程表

### Vajrayogini Meditation Retreat Timetable 2022

日期 Date	時間 Time	內容 Content
24/1 Mon 星期一	7:15am - 8:45am	第一節 Session 1
	10:30am - 12:00pm	第二節 Session 2
	4:00pm - 5:30pm	第三節 Session 3
	7:30pm - 9:00pm	第四節 Session 4
25/1 Tue 星期二	7:15am - 8:45am	第一節 Session 1
	10:30am - 12:00pm	第二節 Session 2
Heruka Day	4:00pm - 5:30pm	第四節 Session 4
	7:30pm - 9:15pm	<上師供養> 蒼供 Offering to the Spiritual Guide Tsog Puja
	26/1 Wed 星期三	7:15am - 8:45am
26/1 Wed 星期三	10:30am - 12:00pm	第二節 Session 2
	4:00pm - 5:30pm	第三節 Session 3
	7:30pm - 9:00pm	第四節 Session 4
	27/1 Thu 星期四	7:15am - 8:45am
10:30am - 12:00pm		第四節 Session 4
	6:00pm - 9:15pm	<護法大蒼供> Melodious Drum Victorious in all Directions Puja