

# DAILY SCHEDULE

Week of: **July 8**

Set the starting date in cell C2. Rows 3 and 4 will automatically update with the correct dates and days of the week.

	7/8 FRIDAY	7/9 SATURDAY	7/10 SUNDAY	7/11 MONDAY	7/12 TUESDAY	7/13 WEDNESDAY	7/14 THURSDAY	7/15 FRIDAY
8:30 AM		Yantra Yoga, Chair Yoga & Rhythmic breathing with Naomi and Paula	Yantra Yoga, Chair Yoga & Rhythmic breathing with Naomi and Paula	Yantra Yoga & Rhythmic with Naomi	Yantra Yoga, Chair Yoga & Rhythmic breathing with Naomi and Paula	Yantra Yoga & Rhythmic with Naomi	Yantra Yoga, Chair Yoga & Rhythmic breathing with Naomi and Paula	Yantra Yoga, Chair Yoga & Rhythmic breathing with Naomi and Paula
9:45 AM		break	break	break	break	break	break	break
10:00 AM		Replay of Rinpoche's Retreat at Tsegyalgar	Replay of Rinpoche's Retreat at Tsegyalgar	Dream Yoga with Michael Katz	Replay of Rinpoche's Retreat at Tsegyalgar	Replay of Rinpoche's Retreat at Tsegyalgar	Replay of Rinpoche's Retreat at Tsegyalgar	Replay of Rinpoche's Retreat at Tsegyalgar
12:00 PM		break	break	break	break	break	break	break
12:30 PM		Lunch Break with discussions of Rinpoche's teachings	Lunch Break with discussions of Rinpoche's teachings	Lunch Break with discussions of Michael's teaching	Lunch Break with discussions of Rinpoche's teachings	Lunch Break with discussions of Rinpoche's teachings	Lunch Break with discussions of Rinpoche's teachings	Lunch Break with discussions of Rinpoche's teachings
1:45 PM		The Four Dharmas of Gampopa, discussion on Rinpoche's teaching led by Lynn	Training Bodhichitta in Action; the Six Paramitas by Michael	Integrating in everyday life (2nd Dharma), discussion led by Lynn	Training Bodhichitta in Action; the Six Paramitas by Michael	Discovering illusion (3rd Dharma), discussion led by Lynn	Community Meeting	Getting in the real condition (4th Dharma), discussion led by Lynn
2:45 PM			break		break	break	Fire Puja	break
3:00 PM		Unstructured Meditation led by Lynn or Michael	Tara practice	Unstructured Meditation led by Lynn or Michael	Tara practice	Unstructured Meditation led by Lynn or Michael	Fire Puja	Tara practice
3:45 PM		break	break	break	break	break	break	break
4:00 PM	Registration Begins	12 A and 3 Vajra Dance Practice with Bodhi	12 A and 3 Vajra Dance Practice with Bodhi	12 A and 3 Vajra Dance Practice with Bodhi	12 A and 3 Vajra Dance Practice with Bodhi	12 A and 3 Vajra Dance Practice with Bodhi	12 A and 3 Vajra Dance Practice with Bodhi	12 A and 3 Vajra Dance Practice with Bodhi
5:00 PM			dinner break	dinner break	dinner break		dinner break	
5:30 PM	BarBQ	Ganapuja led by Naomi	Chod with Michael	Khaita dancing	Chod with Michael	ganapuja led by Paula	Khaita dancing	Ending BaBQ and Auction
6:30 PM					Bardo presentation by Michael Katz			clean up

## NOTES

Everyone is welcome to participate in all of these programs BUT the Fire Puja and Chod practice are complicated practices requiring transmission; OK for those without transmission to observe but there will be no instruction given.

This is a **DRAFT Schedule** subject to change -- and your suggestions

## TO DO

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