

Be Wise, Go Kind

Retreat June 26-28

With Dzogchen Ponlop Rinpoché,
Acharya Lama Tenpa
Mitra Dean Mark Power
Mitra Lee Worley

Here is the schedule for these 3 days of retreat, according to Montreal time.

Friday, June 26th

Montreal time	Activity
08:30 PM	Welcome and introductions - Ben Mikolaj & Meditation - Mitra Dean Mark Power
08:45 PM	"BE WISE" (Part 1) - Dzogchen Ponlop Rinpoche
09:15 PM	Contemplation - Mitra Dean Mark Power
09:30 PM	"BE WISE" (Part 2) - Dzogchen Ponlop Rinpoche
10:00 PM	Concluding remarks

Saturday, June 27th

Montreal time	Activity
12:00 PM	Welcome - Ben Mikolaj
12:10 PM	Guided Meditation - Mitra Lee Worley
01:00 PM	Break
01:30 PM	"GO KIND" (Part 1) - Dzogchen Ponlop Rinpoche
02:15 PM	Contemplation - Mitra Dean Mark Power
02:30 PM	"GO KIND" (Part 2) - Dzogchen Ponlop Rinpoche
03:00 PM	Lunch Break
04:45 PM	Slideshow Nalandabodhi International
05:00 PM	"RECEIVING THE GIFT OF COMMUNITY" - Mitra Dean Mark Power
06:30 PM	Break
07:00 PM	"KINDNESS, COMPASSION AND UNCERTAINTY" - Acharya Lama Tenpa
08:00 PM	Closing

Sunday, June 28th

Montreal time	Activity
12:00 PM	Welcome - Ben Mikolaj
12:10 PM	Guided meditation - Mitra Lee Worley
01:00 PM	Break
01:30 PM	"LIVE FULLY" (part 1) - Dzogchen Ponlop Rinpoche
02:15 PM	Contemplation - Mitra Dean Mark Power
02:30 PM	"LIVE FULLY" (part 2) - Dzogchen Ponlop Rinpoche
03:00 PM	Lunch Break
04:45 PM	Slideshow Nalandabodhi International
05:00 PM	"ANALYTICAL MEDITATION ON UNCERTAINTY" - Acharya Lama Tenpa
06:00 PM	Break
07:00 PM	Q&A with Dzogchen Ponlop Rinpoche
08:00 PM	Closing