

Compassion in Action

Retreat April 15-16-22-23

With Lama Rabten Tshering

Here the schedule for the 4 day, Eastern Time.

April 15th, Saturday

Eastern Time	Activity
10:00 am	Welcome and introductions
10:15 am	Teaching and Meditation
12:15 am	Diner break
1:45 pm	Teaching and Meditation
3:45 pm	Break
4:00 pm	Meditation
5:00 pm	End

April 16th, Sunday

Eastern Time	Activity
10:00 am	Teaching and Meditation
12:00 pm	Diner break
1:30 pm	Teaching and Meditation
3:30 pm	Pause
4:00 pm	Meditation
5:00 pm	End

April 22th, Sunday

Eastern Time	Activity
10:00 am	Teaching and Meditation
12:00 pm	Diner break
1:30 pm	Teaching and Meditation
3:30 pm	Pause
4:00 pm	Meditation
5:00 pm	End

April 23th, Sunday

Eastern Time	Activity
10:00 am	Teaching and Meditation
12:00 pm	Diner break
1:30 pm	Teaching and Meditation
3:30 pm	Break
4:00 pm	Q&A
5:00 pm	End