

TENTATIVE SCHEDULE – MM RETREAT WITH ACHARYA LHAKPA

MAY 10-12, 2024

ALL TIMES IN EASTERN TIME

Friday, May 10, 2024

- 7:00 pm - 8:30 pm: Session #1: Welcome, Opening Talk/remarks by Acharya Lhakpa, closing chants

Saturday, May 11, 2024

- 8:30 am - 10:00 am: Session #2: Opening chants, Talk by Acharya Lhakpa
- 10:00 am – 10:30 am: Break
- 10:30 am – 12:00 pm: Session #3: Guided Meditation Session by Acharya Lhakpa
- 12:00 pm – 1:30 pm: Lunch
- 1:30 pm - 3:00 pm: Session #4: Talk by Acharya Lhakpa
- 3:00pm – 3:30pm: Break
- 3:30 pm - 5:00 pm: Session #5: Guided Meditation Session by Acharya Lhakpa, closing chants

Sunday, May 12, 2024

- 8:30 am - 10:00 am: Session #6: Opening chants, Talk by Acharya Lhakpa
- 10:00 am – 10:30 am: Break
- 10:30 am – 12:00 pm: Session #7: Guided Meditation Session by Acharya Lhakpa, closing chants
- 12:00 pm – 12:15 pm: closing remarks
- 12:15 pm – 13: 45 pm: lunch