

# The Noble Eightfold Path

## August 15th and 16th

With Lama Rabten Tshering

Here the schedule for the 2 days, Eastern Time.

## August 15<sup>th</sup>, 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

# August 16<sup>th</sup>, 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