

SCHEDULE

Dorje Drolö: The Foundational Practices (IN PERSON)

| | | | |
|-----------------------------------|----------|----------------------------------|------------------|
| Day 1 Thursday, June 13 | 1:30 PM | Empowerment (3h) | Mingyur Rinpoche |
| | 4:30 PM | Self practice / Break (2h 15min) | - |
| | 6:45 PM | Teaching (2h 15 min) | Mingyur Rinpoche |
| Day 2 Friday, June 14 | 9:15 AM | Group practice (1h 30min) | Umdze |
| | 10:45 AM | Self practice / Break (30min) | - |
| | 11:15 AM | Group practice (1h 30min) | Umdze |
| | 12:45 PM | Self practice / Break (1h 30min) | - |
| | 2:15 PM | Teaching (1h 30min) | Khenpo Gyurme |
| | 3:45 PM | Self practice / Break (30min) | - |
| | 4:15 PM | Q&A Session (1h) | Tergar Guides |
| | 5:15 PM | Self practice / Break (1h 30min) | - |
| | 6:45 PM | Teaching (2h 15 min) | Mingyur Rinpoche |
| Day 3 Saturday, June 15 | 9:15 AM | Group practice (1h 30min) | Umdze |
| | 10:45 AM | Self practice / Break (30min) | - |
| | 11:15 AM | Group practice (1h 30min) | Umdze |
| | 12:45 PM | Self practice / Break (1h 30min) | - |
| | 2:15 PM | Teaching (1h 30min) | Khenpo Gyurme |
| | 3:45 PM | Self practice / Break (30min) | - |
| | 4:15 PM | Q&A Session (1h) | Tergar Guides |
| | 5:15 PM | Self practice / Break (1h 30min) | - |
| | 6:45 PM | Teaching (2h 15 min) | Mingyur Rinpoche |
| Day 4 Sunday, June 16 | 9:00 AM | Group practice (1h 30min) | Umdze |
| | 10:30 AM | Self practice / Break (30min) | - |
| | 11:00 AM | Q&A Session (1h) | Tergar Guides |
| | 12:00 PM | Self practice / Break (1h 30min) | - |
| | 1:30 PM | Teaching (2h 30 min) | Mingyur Rinpoche |
| | 4:00 PM | Self practice / Break (30min) | - |
| | 4:30 PM | Group practice (1h 30min) | Umdze |
| | 6:00 PM | Self practice / Break (1h 30min) | - |
| | 7:30 PM | Teaching (1h 30min) | Khenpo Gyurme |