

SCHEDULE

Tilopa's Song of Realization:
Stabilizing the Recognition of Mahamudra Retreat (IN PERSON)

Day 1 Friday, June 7	6:30 PM	Teaching (2h 15 min)	Mingyur Rinpoche
	9:15 AM	Group practice (1h 30min)	Umdze
Day 2 Saturday, June 8	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 Sunday, June 9	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)	-
Day 4 Monday, June 10	6:45 PM	Teaching (2h 15 min)	Mingyur Rinpoche
	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