



Vajra Dakini Nunnery

Peace, Practice, Service

Weekend Retreat with Khenmo Drolma

April 3 - 5, 2020

Friday,

3:00 – 5:00	Check-In/Room Assignment
5:30 – 7:00	Supper / Free Time
7:00 – 8:30	First Practice Period
8:30	Further Individual Practice

Saturday

6:00 – 6:30	Prayers and Exercises
6:30 -7:30	Meditation
7:30 – 8:00	Walking Meditation
8:30 – 10:00	Breakfast / Free Time
10:00 – 12:00	Second Practice Period
12:00 – 2:00	Lunch / Free Time
2:00 – 3:00	Meditation
3:00 – 3:30	Tea Break
3:30	Walking meditation
4:00 5:15	Third Practice Period
5:30 – 7:00	Supper / Free Time
7:00 – 8:30	Fourth Practice Period
8:30	Further Individual Practice

Sunday, October 06, 2019

6:00 – 8:30	First Practice Period
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8:30 – 10:00	Breakfast / Pack & Vacate Room / Free Time
10:00 – 12:00	Second Practice Period
12:00 – 1:30	Lunch / Free Time
1:30 – 3:00	Last Practice Period
3:00	Retreat Ends