



**PALPUNG
SANGYELING**



DISCOVERING THE BUDDHA WITHIN

YEAR 1 - INNER PEACE SCHEDULE July 3 to 7, Prague, Czech Republic

WEDNESDAY JULY 3

14:00 to 14:30: Introduction
14:30 to 16:00: Teaching session no 1
16:00 to 16:30: Break
16:30 to 18:00: Teaching session no 2
18:30 to 19:15: Meditation no 1

THURSDAY JULY 4

9 to 10 am: Meditation no 2
10:30 to 12 noon: Teaching session no 3
14:00 to 15:30: Teaching session no 4
16:00 to 16:45: Meditation no 3
17:00 to 18:30: Teaching session no 5
18:45 to 19:30 : Meditation no 4

FRIDAY JULY 5

9 to 10 am: Meditation no 5
10:30 to 12 noon: Teaching session no 6
14:00 to 15:30: Teaching session no 7
16:00 to 16:45: Meditation no 6
17:00 to 18:30: Teaching session no 8
18:45 to 19:30: Meditation no 7

SATURDAY JULY 6

9 to 10 am: Meditation no 8
10:30 to 12: Teaching session no 9
14:00 to 15:30: Teaching session no 10
16:00 to 16:45: Meditation no 9
17:00 to 18:30: Teaching session no 11
18:45 to 19:30: Meditation no 10

SUNDAY JULY 7

9 to 10 am: Meditation no 11
10:30 to 12: Teaching session no 12
14:30 to 17 :00: Empowerment, refuge vows ceremony, thanks giving and conclusion

Note: Evening meditations are recommended but are not compulsory.



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INFORMATION AND SCHEDULE
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