

## **Lama Gaun 21 Tara Teaching and Practice Schedule**

**(Daily Until Notified)**

<b>7:00 – 8:00 am</b>	<b>Yogic Asanas, Breathing and Mindfulness Meditation</b>
<b>8:15 – 8:50 am</b>	<b>Breakfast</b>
<b>9:00 am – 11:30 pm</b>	<b>Khen Rinpoche: Teaching, Practice and Q&amp;A</b>
<b>12:00 pm – 12:45 pm</b>	<b>Lunch</b>
<b>1:00 pm – 1:30 pm</b>	<b>Walking Meditation</b>
<b>2:00 pm – 3:00 pm</b>	<b>Group Practice (Mantra Recitation Led by Tibetan Monk)</b>
<b>3:30 pm – 5:30 pm</b>	<b>Khen Rinpoche: Teaching, Practice and Q&amp;A</b>
<b>5:45 pm – 6:30 pm</b>	<b>Dinner</b>
<b>6:45 pm – 7:30 pm</b>	<b>Group Discussion and Meditation Practice</b>