

## Fall Online Retreat 2020 Schedule

Session	Title	PST	EST	CES	AEST
1-Group	Opening of Retreat	Fri., 11/13 7-8:30p	Fri., 11/13 10-11:30p	Sat., 11/14 4-5:30a	Sat., 11/14 12-1:30p
2-Individual	Meditation Practice	Sat., 11/14 6-7a	Sat., 11/14 9-10a	Sat., 11/14 3-4p	Sat., 11/14 11p-12 mid
3-Group	Teaching & Practice	Sat., 11/14 8-10a	Sat., 11/14 11a-1p	Sat., 11/14 5-7p	Sun., 11/15 1-3a
4-Group	Teaching & Practice	Sat., 11/14 11a-1p	Sat., 11/14 2-4p	Sat., 11/14 8-10p	Sun., 11/15 4-6a
5-Individual	Meditation Practice	Sat., 11/14 3-4p	Sat., 11/14 6-7p	Sun., 11/15 12 mid-1a	Sun., 11/15 8-9a
6-Public	Dakini Cho Practice	Sat., 11/14 7-8:30p	Sat., 11/14 10-11:30p	Sun., 11/15 4-5:30a	Sun., 11/15 12-1:30p
7-Individual	Meditation Practice	Sun., 11/15 6-7a	Sun., 11/15 9-10a	Sun., 11/15 3-4p	Sun., 11/15 11p-12 mid
8-Group	Teaching & Group Discussion	Sun., 11/15 8-10a	Sun., 11/15 11a-1p	Sun., 11/15 5-7p	Mon., 11/16 1-3a
9-Group	Practice & Closing of Retreat	Sun., 11/15 11a-1p	Sun., 11/15 2-4p	Sun., 11/15 8-10p	Mon., 11/16 4-6a

## Khandro-la Interview Schedule

TIMES, PST	FRI., 11/13	SAT., 11/14	MON., 11/16	COMMENT
10 - 10:30am	X	X		
10:30 - 11am	X	X		
11 - 11:30am	X	X		
11:30am - 12noon	X	X		
12 noon – 2pm	X	X	X	
2 – 2:30pm		X	X	
2:30 - 3pm		X	X	
3 – 3:30pm		X	X	
3:30 - 4pm		X	X	
4 – 4:30pm			X	
4:30 - 5pm			X	
5 – 5:30pm			X	
5:30 - 6pm			X	