

End-of-year RIPA Ngondro retreat with Gyetrul Jigme Rinpoche 27 - 31 December 2020

	San Diego (West Coast)	NYC (East Coast)	Europe	Moscow	Nepal	Hanoi	Singapore/H ongKong
Lhasang (broadcast from RIC)			07:00 - 08:00				
<i>Personal or group accumulation at home or in your local Ripa Center</i>			09:00 - 10:30	11:00 - 12:30		15:00 - 16:30	16:00 - 17:30
Teaching with Gyetrul Jigme Rinpoche	02:00 - 04:30	05:00-07:30	11:00 - 13:30	13:00 - 15:30	15:45 - 18:15	17:00 - 19:30	18:00 - 20:30
Meal time / personal practice							
Teaching with Gyetrul Jigme Rinpoche	05:30 - 07:30	08:30 - 10:30	14:30 - 16:30	16:30 - 18:30	19:15 - 21:15	20:30 - 22:30	21:30 - 23:30
<i>Personal or group accumulation at home or in your local Ripa Center</i>			17:00 - 18:30	19:00 - 20:30			
Protectors (broadcast from RIC)			19:30 - 20:30				