



RIPA

INTERNATIONAL CENTER

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Ngöndro Weekend: accumulations and teachings Guided by Lama Tenzin Phuntsok

Daily schedule

Friday 12 May

19:00 Protectors, Marme Meunlam & Samantabhadra** Gompa

Saturday 13 May

07:00 Lhasang** Gompa
08:00 Breakfast
09:00 - 10 :00 Ngöndro Complete Session Gompa
10:00 – 11 :00 Teaching on Refuge & Bodhicitta Gompa
11:20 – 12:15 Accumulations (Refuge & Vajrasattva separate) Gompa/Mantra
12:30 Lunch
15:00 – 16:15 Accumulations (Refuge & Vajrasattva separate) & end practice I Gompa
16:30 – 17:30 Q & A Gompa
18:30 Dinner
19:00 Protectors, Samantabhadra, Marme Meunlam** Gompa

Sunday 14 May

07:00 Lhasang** Gompa
08:00 Breakfast
09:00 - 10 :00 Ngöndro Complete Session Gompa
10:00 – 11 :00 Teaching on Vajrasattva Gompa
11:20 – 12:15 Accumulations (Refuge and Vajrasattva separate) Gompa/Mantra
12:30 Lunch
14:30 – 15:30 Accumulations (Refuge and Vajrasattva separate) & end practice I Gompa
15:30 - 16:30 Q & A and End Gompa

19:30 YESHE TSOGYAL PUJA AND TSOK Gompa**

LINKS ZOOM

Link for Ngöndro: <https://us02web.zoom.us/j/84960349358?pwd=TUpkczd2VWJoY1dVZEYydmNaNHlnUT09>

Zoom-Meeting-ID: 849 6034 9358. | Passcode: 053117

Link for the **Pujas: <https://us02web.zoom.us/j/82206893520?pwd=VTNESkpOdfJk1VmSjNybkhYdzdQUT09>

Meeting ID: 822 0689 3520 | Passcode: 823300