

## Basic programme: Lam-rim Retreat 2021 Schedule

| Day              | Date                           | Start (BST) | End (BST) | Activity                                    |
|------------------|--------------------------------|-------------|-----------|---|
| Saturday         | 31 July 2021                   | 4:00PM      | 5:00PM    | Introduction                                |
| Sunday to Friday | 1 August 2021 to 6 August 2021 | 10:00AM     | 11:30AM   | Session 1                                   |
|                  |                                | 11:30AM     | 2:30PM    | Rest & Reflections                          |
|                  |                                | 2:30PM      | 3:30PM    | Session 2                                   |
|                  |                                | 3:30PM      | 3:45PM    | Short Break                                 |
|                  |                                | 3:45PM      | 5:00PM    | Session 3<br>(Q&A on 1st,3th,5th of August) |
|                  |                                | 5:00PM      | Bedtime   | Personal practice, Reflections & Rest       |
| Saturday         | 7 August 2021                  | 10:00AM     | 11:30AM   | A short session & Dedication                |

### Optional: Taking 8 Mahayana Precepts

If you wish, please take the precepts in front of your altar or a holy image of Buddha or stupa using in the morning before Session 1. It takes about an hour for setting your motivation and taking the precept vows.

For instructions, please refer to The 8 Mahayana Precepts Booklet available on your LearnDash under the Basic Programme: Lamrim Retreat 2021. We will upload a recording of Geshe Namdak on Sunday 1 August afternoon on LearnDash if you wish to play it the next morning and take the precepts.

### Optional: Remain silent during your retreat.