

Odiyan Classes, Study and Practice 2018

Monday

7:25–8:25 am Kum Nye Tibetan Yoga Dining Room

Tuesday

7:25-8:25 am Discussion/Read Odiyan Treasure Box South Reading Room

Wednesday

7:25-8:25 am Classical Tibetan study South Reading Room

Thursday

7:30-8:00 am Lotus Body study group Study Hall

7:30-8:00am Study group Reading texts of
Tarthang Tulku Rinpoche South Reading Room

Friday

7:25-8:25 am Skillful Means course South Reading Room

Sunday

9:00-10:00am Reading Classical Tibetan Study Hall

10:20-10:50 Lotus Body study group Study Hall

Everyone is welcome to go to any classes open to them, or go to work. Currently all classes are open to everyone, except Lotus Body study group which is by invitation.

Practice:

Odiyan Mandala Circumambulation and Mantra	Every Full Moon 7 pm
Morning Meditation and Mantra 6:05 am	Small Temple (after one month)
Sunday Afternoon Silent Meditation 2-4 pm	Cintamani (after 3 months)
Temple Ceremonies (4X per month)	All temples (after 6 months)
Meal Ceremonies – Breakfast and Dinner	Mon.-Sat.