

Odiyan Classes, Study and Practice 2018

Wednesday

7:10–8:00 am "Caring" Study group Study Hall

Wednesday

7:10–8:00 am Study Group Tibetan South Reading Room

Thursday

7:10-8:00 am Kum Nye Tibetan Yoga Dining Room

Thursday

7:15- 8:00 am Lotus Body study group Study Hall

South Reading Room

Saturday

7:10-8:00 am Skillful Means course South Reading Room

Sunday

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

10:30-11:00 Lotus Body study group Study Hall

Currently all classes are open to everyone, except Lotus Body study group which is by invitation.

Practice:

Meal Ceremonies – Breakfast and Dinner	Mon.-Sat. (Open to everyone)
Mandala Circumambulation and Mantra	Every Full Moon 7 pm (Open to everyone)
Morning Meditation and Mantra 5:30 am	Small Temple (after one month)
Sunday Silent Meditation 2-4 pm	Cintamani (after 3 months)
Temple Ceremonies (4X per month)	All temples (after 6 months)