

Odiyan Classes, Study and Practice 2019

Wednesday

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

Wednesday

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

Thursday

7:10-8:00 am Dharma Study Basics South Reading Room

Four Thoughts that Turn the Mind to Dharma

Thursday

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

Saturday

7:10-8:00 am " Caring" book class South Reading Room

Course #1, study and practice from Tarthang Rinpoche's newest book

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 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)