



9-DAYS PUBLIC MEDITATION COURSE WITH SOJONG (DIKCHA)

KARMAPA INTERNATIONAL BUDDHIST INSTITUTE 2018/19

SCHEDULE

Date & Time	6:00 to 7:30	9:00 to 11:00	14:00 to 16:00	17:00 to 18:30
25/12/2018 Tuesday	3:30pm to 4pm Course Introductions, 4pm to 4:30pm Tea break, 4:30pm to 6pm Sojong and Four Foundations Introduction			Celebration Dinner 7:00 PM
26/12/2018 Wednesday	Sherab Gyaltzen Rinpoche Granting Sojong Vows (Dikcha)	Sherab Gyaltzen Rinpoche Four Foundations Overview Four Foundations Transmission	Lama Choying Rinpoche Four Mindful Establishments Introduction	HH KARMAPA Chenrezig Practice Transmission & Instruction
27/12/2018 Thursday	Drubpon Nyigyam Rinpoche Granting Sojong Vows	Sherab Gyaltzen Rinpoche Four Basic Thoughts & Mind Training	Lama Choying Rinpoche Four Mindful Establishments Teaching & Practice	Drubpon Nyigyam Rinpoche Shamatha Meditation Teaching & Practice
28/12/2018 Friday	Drubpon Nyigyam Rinpoche Granting Sojong Vows	Sherab Gyaltzen Rinpoche Four Basic Thoughts & Mind Training	Lama Choying Rinpoche Four Mindful Establishments Teaching & Practice	Drubpon Nyigyam Rinpoche Shamatha Meditation Teaching & Practice
29/12/2018 Saturday	Drubpon Nyigyam Rinpoche Granting Sojong Vows	Sherab Gyaltzen Rinpoche Four Basic Thoughts & Mind Training	Lama Choying Rinpoche Four Mindful Establishments Teaching & Practice	Drubpon Nyigyam Rinpoche Shamatha Meditation Teaching & Practice
30/12/2018 Sunday	Drubpon Nyigyam Rinpoche Granting Sojong Vows	Sherab Gyaltzen Rinpoche Four Basic Thoughts & Mind Training	Lama Choying Rinpoche Four Mindful Establishments Teaching & Practice	Drubpon Nyigyam Rinpoche Shamatha Meditation Teaching & Practice
31/12/2018 Monday	Drubpon Nyigyam Rinpoche Granting Sojong Vows	Sherab Gyaltzen Rinpoche Four Basic Thoughts & Mind Training	Lama Choying Rinpoche Four Mindful Establishments Teaching & Practice	HH KARMAPA Chenrezig Teaching & Practice
1/01/2019 Tuesday	Drubpon Nyigyam Rinpoche Granting Sojong Vows	Sherab Gyaltzen Rinpoche Four Basic Thoughts & Mind Training	Prof. Sempa Dorje Theravada Sathipatana Sutta Teaching	Drubpon Nyigyam Rinpoche Shamatha Meditation Teaching & Practice
2/01/2019 Wednesday	Drubpon Nyigyam Rinpoche Granting Sojong Vows	Sherab Gyaltzen Rinpoche Four Basic Thoughts & Mind Training	Prof. Sempa Dorje Theravada Sathipatana Sutta Teaching	HH KARMAPA Chenrezig Practice & Final Dedication & Lamp Offerings
3/01/2019 Thursday	Conclusion Aspiration Prayers			



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DAILY SCHEDULE INCLUSIVE SERVING TIME FOR MEALS AND TEA

- 06:00 am to 07:30 am Mahayana Sojong
07:30 am to 08:30 am Breakfast
09:00 am to 11:00 am Teaching on Four Basic Thoughts and Mind Training
11:30 am to 12:30 pm Communal lunch for Sojong practitioner
12:30 pm to 01:30 pm Lunch for non-Sojong participants
02:00 pm to 04:00 pm Teaching and Practice – Four Mindful Establishments
04:00 pm to 05:00 pm Teabreak (hot drinks will be served for Sojong practitioners)
05:00 pm to 06:30 pm Teaching and Practice – Shamatha and Chenrezig
07:00 pm Dinner for **non**-Sojong practitioners