

Odiyan Classes, Study and Practice 2020

Wednesday

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

Thursday

7:10–8:10 am Beginning Tibetan Language Study South Reading Room

Friday

7:10-8:30 am “Caring” Courses based on the book ‘ Caring’ by Tarthang Tulku, 2018 South Reading Room

Saturday

6:40- 7:20 am Study and Discussion: Hidden Mind of Freedom by Tarthang Tulku, 1985 South Reading Room

Sunday

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

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 Temple (after 2 months)
Temple Ceremonies (4X per month)	All temples (after 4 months)