



Theg-Chog Norbu-i Ga-Dzong

Ipoh – Meru Valley

Seminar - January 2004

- 25th Jan (Sun):
 - 10.30 am - 11.00 am Temple Offerings
 - 11.00 am - 12- noon Advice on Spiritual Practice - Refuge Ceremony
 - 01.00 pm - 02.00 pm Lunch with Lama Norbu

- 26th Jan to 31st Jan:
 - 08.00 am - 09.30 am Green Tara Puja
 - 10.30 am - 12.00 pm Phagpa Zangpo Chod-pa-i Monlam Recitation
 - 02.00 pm - 03.00 pm Private meetings with Lama Norbu
 - 03.30 pm - 05.00 pm Phagpa Zangpo Chod-pa-i Monlam Recitation
 - 05.30 pm - 06.30 pm Tibetan Calligraphy

- 1st Feb to 6th Feb:
 - 08.00 am - 09.30 am Green Tara Puja
 - 10.30 am - 12.00 pm The 37 Practices of a Bodhisattva
 - 02.00 pm - 03.00 pm Private meetings with Lama Norbu
 - 03.30 pm - 05.00 pm The 37 Practices of a Bodhisattva
 - 05.30 pm - 06.30 pm Tibetan Calligraphy

- February 7 (Sat):
 - 11.00 am - 02.00pm Milarepa Ganachakra – Blessings – Feast Offering

- Note: On 26 Jan: - 08.00 pm - 10.00 pm White Mahakala Initiation with Ven. Tenga Rinpoche
On Jan 27: - 07.30 pm Lung of the 37 Practices of A Bodhisattva by Ven. Tenga Rinpoche
- 08.30 pm – 10.30 pm Initiation of Karma Pakshi by Tenga Rinpoche

