

Week I	Sunday 18/7/2010	Monday 19/7/2010	Tuesday 20/7/2010	21/ 7/10 (Wed)	22/ 7/10 (Thurs)	23/7/10 (Fri)	24/7/10 (Sat)
07:00 to 08:00	Personal Practice	Personal Practice	Personal Practice	Personal Practice	Personal Practice	Breakfast	Morning Puja
08:00 to 09:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Travel to Kameron	Breakfast
09:00 to 10:00	Nicholas L.	Private Meeting	Private Meeting	Private Meeting	Private Meeting		Retreat II
10:00 to 11:00	Sujatha C.	Private Meeting	Private Meeting	Private Meeting	Private Meeting		"
11:00 to 14:00	Lunch Break	Lunch Break	Outdoor Visit	Outdoor Visit	Outdoor Visit	Lunch Break	Lunch Break
14:00 to 15:00	Rest	Study Reading	Study Reading	Study Reading	Study Reading	Retreat I	Retreat III
15:00 to 16:00	Web Development	Web Development	Web Development	Web Development	Web Development	"	"
16:00 to 17:00	Chuah	Mahakala Puja	Mahakala Puja	Mahakala Puja	Mahakala Puja	Mahakala Puja	Mahakala Puja
18:00 to 19:00	SeeFoon C.	Private Meeting	Private Meeting	Private Meeting	Private Meeting	Study	Study
20:00 to 21:00	Personal Practice	Personal Practice	Personal Practice	Personal Practice	Personal Practice	Personal Practice	Personal Practice

Week II	Sunday 25/7/2010	Monday 26/7/2010	Tuesday 27/7/2010	28/ 7/10 (Wed)	29/ 7/10 (Thurs)	30/7/10 (Fri)	31/7/10 (Sat)
07:00 to 08:00	Morning Puja	Morning Puja	Study Day	Study Day	Morning Puja	Morning Puja	Morning Puja
08:00 to 09:00	Breakfast	Breakfast			Breakfast	Breakfast	Breakfast
09:00 to 10:00	Retreat IV	Retreat VI			Seminar I	Seminar III	Seminar V
10:00 to 11:00	"	End of Retreat			"	"	"
11:00 to 14:00	Lunch Break	Lunch Break			Lunch Break	Lunch Break	Lunch Break
14:00 to 15:00	Retreat V	Return to Ipoh			Seminar II	Seminar IV	Seminar VI
15:00 to 16:00	"				"	"	"
16:00 to 17:00	Mahakala Puja				Mahakala Puja	Mahakala Puja	Mahakala Puja
18:00 to 19:00	Study	Study			Study	Study	Study
20:00 to 21:00	Personal Practice	Personal Practice	Personal Practice	Personal Practice	Personal Practice		

Week III	Sunday 01/8/2010
07:00 to 08:00	Tsok Preparation
08:00 to 09:00	
09:00 to 10:00	
10:00 to 11:00	Amitabha Tsok
11:00 to 14:00	"
14:00 to 15:00	End of Seminar
15:00 to 16:00	
16:00 to 17:00	
18:00 to 19:00	
20:00 to 21:00	

The Retreat will carry teachings and practices in preparation to the Nyung-Nay retreat scheduled next year.

Carried out mostly in silence, it will be hosted by Dato Hau Hian LEE & Datin Li Li TEH - The White House - Kameron Highlands

The Seminar will carry a teaching on the 37 factors conducive to Enlightenment.

It will be hosted by SeeFoon CHAN-KOPPEN - Meru Valley - Ipoh and will be concluded by a Food offering Puja to the Buddha Amitabha

Donations will be presented to Lama Norbu at the conclusion of each event.

