



## **Lama's Schedule Seminar 2013-01**

<b>Saturday February 16</b>	<b>- 4:00 pm to 7:00 pm</b>	<b>House blessing and Office blessing (Chin Yong) (****)</b>
<b>Sunday February 17</b>	<b>- 11:00 am to noon</b> <b>- noon</b> <b>- 02:00 pm to 5:00 pm</b>	<b>Arrival at TNG Dzong IPOH - Chenrezig puja (*)</b> <b>Lunch and noodle tossing New Year Celebration (*)</b> <b>Ngondro: Prostration practice. Lung -Thrid (**)</b>
<b>Monday 18 to Tuesday 19</b>	<b>- All day</b>	<b>Lama's will be in open retreat with some private meetings</b>
<b>Wednesday, February 20</b>	<b>- 09:30 am to 11:30 am</b> <b>- 01:30 pm to 03:30 pm</b> <b>- 04:30 pm to 06:30 pm</b>	<b>What is Buddhism? The Mind of Enlightenment (*)</b> <b>Understanding Guru &amp; Lineage (*)</b> <b>Q&amp;A Session for beginners (*)</b>
<b>Thursday, February 21</b>	<b>- 06:45 pm to 08:30 am</b> <b>- 09:30 am to 11:30 am</b> <b>- 01:30 pm to 03:30 pm</b> <b>- 04:30 pm to 06:30 pm</b>	<b>Understanding Samaya - Session 1 (**)</b> <b>Teaching on Bodhisattva Vows - Session 1 (**)</b> <b>Teaching on the Bodhisattva vows - Session 2 (**)</b> <b>Refuge ceremony - Chenrezig Puja (*)</b>
<b>Friday, February 22</b>	<b>- 06:45 pm to 08:30 am</b> <b>- 09:30 am to 11:30 am</b> <b>- 01:30 pm to 03:30 pm</b> <b>- 04:30 pm to 06:30 pm</b>	<b>Understanding Samaya - Session 2 (**)</b> <b>Teaching on Bodhisattva Vows - Session 3 (**)</b> <b>Teaching on the Bodhisattva vows - Session 4 (**)</b> <b>Chenrezig Sadhana: Oral transmission + Teaching - Session 1 (**)</b>
<b>Saturday, February 23</b>	<b>- 06:45 pm to 08:30 am</b> <b>- 09:30 am to 11:30 am</b> <b>- 01:30 pm to 03:30 pm</b> <b>- 04:30 pm to 06:30 pm</b>	<b>Understanding Samaya - Session 3 (***)</b> <b>Teaching on Bodhisattva Vows - Session 5 (**)</b> <b>Teaching on the Bodhisattva vows - Session 6 (**)</b> <b>Chenrezig Sadhana: Teaching - Session 2 (**)</b>
<b>Sunday, February 24</b>	<b>- 06:45 am to 08:00 am</b> <b>- 09:00 am to 11:00 am</b> <b>- 01:30 pm to 03:30 pm</b> <b>- 04:00 pm</b> <b>- 04:30 pm to 06:30 pm</b> <b>- 07:30 pm to 09:30 pm</b>	<b>Green Tara Puja</b> <b>Teaching on the Bodhisattva vows - Session 7 (**)</b> <b>Q&amp;A Session on Bodhisattva Vows (**)</b> <b>Sangye Menla Lung (****)</b> <b>Recitation of the Sutra of the Three Heaps - Milarepa Ganachakra (**)</b> <b>Dinner with Si Boon LIM (****)</b>



<b>Monday, February 25</b> <b>Chothrul Duchen</b>	- 06:30 pm to 08:00 am - 09:00 am to 11:00 am - 01:30 pm to 03:30 pm - 04:30 pm to 05:30 pm	<b>Short Sadhana of Hevajra: Teaching - Session 1 (***)</b> <b>Guru Rinpoche Terma: Teaching - Session 1 (**)</b> <b>Guru Rinpoche Terma: Teaching - Session 2 (**)</b> <b>Chenrezig Puja (**)</b>
<b>Tuesday, February 26</b>	- 06:30 pm to 08:00 am - 09:00 am to 11:00 am - 01:30 pm to 03:30 pm - 05:30 pm to 07:30 pm	<b>Short Sadhana of Hevajra: Teaching - Session 2 (***)</b> <b>Guru Rinpoche Terma: Teaching - Session 3 (**)</b> <b>Guru Rinpoche Terma: Teaching - Session 4 (**)</b> <b>Individual teaching to Chin Yong (****)</b>
<b>Wednesday, February 27</b>	- 06:30 pm to 08:00 am - 09:00 am to 11:00 am - 02:00 pm to 04:00 pm - 04:30 pm to 06:00 pm	<b>Short Sadhana of Hevajra: Teaching - Session 3 (***)</b> <b>Guru Rinpoche Terma: Teaching - Session 5 (**)</b> <b>Guru Rinpoche Terma: Teaching - Session 6 (**)</b> <b>Short Sadhana of Hevajra: Puja 1 (***)</b>
<b>Thursday, February 28</b>	- 07:00 pm to 08:00 am - 09:00 am to 11:00 am - 02:00 pm to 04:00 pm	<b>Short Sadhana of Hevajra: Puja 2 (***)</b> <b>Guru Rinpoche Terma: Puja 1 (**)</b> <b>Guru Rinpoche Terma: Puja 2 (**)</b>
<b>Friday, March 01</b>	- 09:00 am to 11:00 am - Noon - 01:30 am to 03:00 am - 04:00 pm to 06:00 pm	<b>Karmapa Guru Yoga - Offerings to Lama (**)</b> <b>Farewell lunch (*)</b> <b>Individual teaching to PU Kit Lai (****)</b> <b>Individual teaching to PU Loong Philip</b>
<b>Saturday, March 02</b>	- 08:00 am to 09:00 am - 09:00 am to 11:00 pm	<b>Individual teaching to Dato Hau Hian LEE</b> <b>Individual teaching to Datin Lili TEH</b>
<b>Sunday, March 03</b>	- 10:00 am to 12:00 am - 03:00 pm	<b>Individual teaching</b> <b>Departure to Singapore</b>

(\*) For all who wish to attend

(\*\*) For those who have taken Refuge

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For those who attended the Kagyud Ngag Dzöd in Sikkim

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Private transmission