

VAJRAYANA RETREAT 2020

Jigme Tromge Rinpoche

SCHEDULE / HORARIOS			
	USA TIME	BRAZIL TIME	CHILE TIME
First thun/ 1° Thun	5am – 6:50	9:00 – 10:50	8:00 – 9:50
Break / Pausa	6:50 - 7am	10:50 -11:00	9:50 - 10
Morning puja/ Puja da manhã	7am – 8am	11:00 -12:00	10:00 – 11:00
Breakfast /Desayuno Café da Manhã	8am - 8:30	12:00 a 12:30 .	11:00 – 11:30
2nd thun/ 2° Thun	9am – 12pm	13:00 a 16:00	12:00 – 15:00
Lunch / Almoço / Almuerzo	12pm- 2pm	16:00 - 18:00	15:00 – 17:00
3rd thun/ 3° Thun	2pm – 5pm	18:00 a 21:00	17:00- 20:00
Break/ Pausa	5pm – 5:15	21:00 - 21:15	20:00 – 20:15
Evening puja/ Puja noite + Chod + Meditação + fechamento RD + Sur	5:15pm - 7:15pm	21:15 - 23:15 puja + sur + Chod + sitting	20:15 – 22:15
Dinner / Jantar / Cena	7:15pm	23:15	22:15