

Ngondro Weekend

PALYUL ITALY



INTENSIVE WEEKEND OF NGONDRO PRACTICES AND TEACHINGS OF TIBETAN BUDDHISM
April 25 – 26, 2014

REGISTER

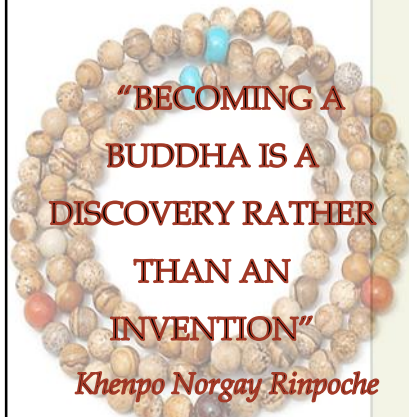
By 4/20/14

No registration fee.

Any OFFERING will be used for offering to the Lama for teachings and to sponsor the Lamas for future visits to Italy.

Potlock meals.

Partial attendance is possible but must be at least half day, to avoid interruptions of practices. Please arrive 10 min early. The schedule may be subject to change, under the good tradition of impermanence...



LOCATION: Via San Vitale, Bologna, Italy

PROGRAM

Friday, April 25, 2014:

9:00 am – Welcome coffee and opening of the Weekend

9:30 am – Bodhisattva Vows and Guru Yoga

10:30 am – Refuge and Bodhicitta practice

11:30 am – Tonglen and dedication

12.30 pm - Lunch prep/lunch

2.30 pm – Vajrasattva practice

3.30 pm - Break

4.00 pm - Skype teaching by **Khenpo Norgay**

Rinpoche: “ The Dangers of Skipping Ngondro”

6.30 pm - Dinner prep/dinner

8.30 pm - Long Chod

10.30 pm - Goodnight

Saturday, April 26, 2014

9.30 am - Bodhisattva vows and Guru Yoga

10.30 am - Mandala practice

12.00 pm – Sitting meditation

12.30 pm - Lunch prep/lunch

2.30 pm - Skype teaching by **Khenpo**

Norgay Rinpoche

5.00 pm - Phowa practice

7.00 pm – Conclusive prayers and dedication

8.00 pm - Dinner

Info and Registration: Email: palyulitaly@yahoo.it - Cell: +39 347 1838388 Cristina Zanardi