

# Lamrim Retreat January 2-16 at Cap Hill

# with Guided Retreat Jan 5-7

Tuesday, Jan. 2	Wednesday, Jan. 3	Thursday, Jan. 4	Friday, Jan. 5	Saturday, Jan. 6	Sunday, Jan. 7	Monday, Jan. 8
9:00-10:15am Session 1	9:00-10:15am Session 1	9:00-10:15am Session 1	9:00-10:15am Session 1	9:00-10:15am Guided Session 1 <i>Downtown</i>	8:30-9:30am Guided Session 5 <i>Downtown</i>	9:00-10:15am Session 1
12:00-12:30pm <i>Meditation at Noon</i>	11:30-12:45pm Session 2	11:30-12:45pm Session 2	11:30-12:45pm Session 2	10:45am-12:00pm Guided Session 2 <i>Downtown</i>	10-11:30am Guided Session 6 <i>Meditations for World Peace</i> <i>Downtown</i>	11:30-12:45pm Session 2
4:30-5:45pm Session 2	4:30-5:45pm Session 3	6:00-7:00pm <i>Wishfulfilling Jewel Puja</i> <i>Downtown</i>	4:30-5:45pm Session 3	1:30-2:45pm Guided Session 3 <i>Downtown</i>	1-2:15pm Guided Session 7 <i>Downtown</i>	4:30-5:45pm Session 3
7:00-8:30pm <i>General Program</i>	7:00-8:15pm Session 4	7:15-9:00pm <i>How to Transform Your Life</i> <i>Downtown</i>	7-8:30pm Free Intro with Kadam Lucy <i>Downtown</i>	3:15-4:30pm Guided Session 4 <i>Downtown</i>	2:45-3:30pm Guided Session 8 <i>Downtown</i>	7:00-8:15pm Session 4

Tuesday, Jan. 9	Wednesday, Jan. 10	Thursday, Jan. 11	Friday, Jan. 12	Saturday, Jan. 13	Sunday, Jan. 14	Monday, Jan. 15
9:00-10:15am Session 1	9:00-10:15am Session 1	9:00-10:15am Session 1	9:00-10:15am Session 1	9:00-10:15am Session 1	9:00-10:15am Session 1	9:00-10:15am Session 1
12-12:30pm <i>Meditation at Noon</i>	11:30-12:45pm Session 2	11:30-12:45pm Session 2	11:30-12:45pm Session 2	11:30-12:45pm Session 2	10:00-11:30am <i>Meditations for World Peace</i> <i>Downtown</i>	11:30-12:45pm Session 2
4:30-5:45pm Session 2	4:30-5:45pm Session 3	6:00-7:00pm <i>Wishfulfilling Jewel Puja</i> <i>Downtown</i>	4:30-5:45pm Session 3	4:30-5:45pm Session 3	4:30-5:45pm Session 2	4:30-5:45pm Session 3
7:00-8:30pm <i>General Program</i>	7:00-8:15pm Session 4	7:15-9:00pm <i>How to Transform Your Life</i> <i>Downtown</i>	7:00-8:15pm Session 4	7:00-8:15pm Session 4	7:00-8:15pm Session 3	7:00-8:15pm Session 4

