



Zangdok Palri Institute

The Words of My Perfect Teacher

April-May 2023

Friday 28 – Sunday 30 April

- 07:00** *Ngöndro* group practice
08:30 Breakfast
10:00-12:30 Teachings with Patrul Rinpoche
13:00 Lunch
14:00 Volunteer group work
18:30 Dinner
19:30 *Chöd - Khandro Kejong* group practice (maybe)

Monday 1 – Saturday 6 May

- 07:00** *Ngöndro* group practice
8:00-9:00 Teachings with Lopön Tsering Gönpö
09:15 Breakfast
10:00-12:30 Teachings with Patrul Rinpoche
13:00 Lunch
14:00-17:30 Volunteer group work
17:30-18:30 Teachings with Lopön Jampa Norgyal
18:30 Dinner
19:30 *Chöd - Khandro Kejong* group practice

Last day: Sunday 7 May

- 07:00** *Ngöndro* group practice
8:00-9:00 Teachings with Lopön Tsering Gönpö
09:15 Breakfast
10:00-12:30 Teachings with Patrul Rinpoche & closing ceremony
14:00 Lunch Party