



POWA RETREAT 2024

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Schedule: 06/07/2024 - 08/07/2024

07:00 - 08:00	Ngondro
08:00 - 09:00	Breakfast
10:00 - 12:30	POWA TEACHING
13:00 - 14:00	Lunch
15:00 - 17:00	POWA TEACHING
17:00 - 18:00	Self study
19:00 - 20:00	Dinner
20:00 - 21:00	Chöd practice

