

RETREAT SCHEDULE 法会时间表

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| 08.30 am | Admission | 入席 |
| 09.00 am | Rinpoche's Teachings | 仁波切的开示 |
| 09.30 am | 1st Mani Recitation Session | 嘛呢念诵第一段 |
| 10.30 am | Break | 休息 |
| 11.00 am | 2nd Mani Recitation Session | 嘛呢念诵第二段 |
| 12.30 pm | Lunch | 午餐 |
| 01.30 pm | 3rd Mani Recitation Session | 嘛呢念诵第三段 |
| 03.00 pm | Break | 休息 |
| 03.30 pm | 4th Mani Recitation Session | 嘛呢念诵第四段 |
| 05.30 pm | Dinner | 晚餐 |
| 06.30 pm | 5th Mani Recitation Session | 嘛呢念诵第五段 |
| 08.15 pm | Dedication of Merits | 回向功德 |
| 09.00 pm | End of Session | 法会结束 |