



## Schedule of the 24th ceremony of the Nepal Kagyu Monlam

### First day

- 06:30-07:00am: Reception Ceremony for the Portraits of H.H. Gyalwnag Karmapa and H.H. Tai Situ Rinpoche Which Liberate Upon Viewing
- 07:00-09:30am: Morning Prayer Session
- 09:30-10:00am: Break for half an hour
- 10:00-11:30am: Yongey Mingyur Rinpoche's Teaching on "Samatha Meditation"
- 11:30-01:00pm: Lunch
- 01:00-03:00pm: First Afternoon Prayer Session
- 03:00-03:30pm: Break for half an hour
- 03:30-05:00pm: Second Afternoon Prayer Session
- 05:00pm: Dinner

### Second day

- 07:00-09:30am: Morning Prayer Session
- 09:30-10:00am: Break for half an hour
- 10:00-11:30am: Yongey Mingyur Rinpoche's Teaching on "Vipassana Meditation"
- 11:30am-01:00pm: Lunch
- 01:00-03:00pm: First Afternoon Prayer Session
- 03:00-03:30pm: Break for half an hour
- 03:30-05:00pm: Second Afternoon Prayer Session
- 05:00pm: Dinner

### Third day

- 07:00-09:30am: Morning Prayer Session
- 09:30-10:00am: Break for half an hour.
- 10:00am-12:00pm: H.H 16th Rangjung Rigpe Dorje's Guru-Yoga Sadhana.
- 12:00-01:00pm: Lunch
- 01:00-03:00pm: First Afternoon Recitation of Enlightened Siddha songs.
- 03:00-03:30pm: Break for half an hour
- 03:30-05:00pm: Second Afternoon Recitation of Enlightened Siddha songs.
- 05:00-05:15pm: Rest for 15 minutes
- 05:15pm: Butter Lamp Offering and Then Dinner.

Venue: Tergar Osel Ling Monastery

