

# Lama Zopa in Australia 2018

~ Daily Schedule ~



## Monday 2nd - Saturday 7th April

6:00am - 7:30am	Preliminary Prayers, Prostrations and Lama Chöpa Jorchö
7:30am	Breakfast
9:30am - 11:45am	Completion of Lama Chöpa
12:00am	Lunch
1:00pm - 1:30pm	Water Bowls / Karma Yoga
4:00pm - 6:00pm	Teaching / Dharma Talk / Meditation
6:00pm	Supper
7:30pm - 9:00pm	Teaching / Protector Puja and Vajrasattva Meditation

## Sunday 8th - Sunday 15th April

5:30am - 7:30am	Preliminary Prayers, Precepts, Prostrations and Lama Chöpa
7:30am	Breakfast
9:30am - 11:45am	Completion of Lama Chöpa
12:00am	Lunch
1:00pm - 1:30pm	Water Bowls / Karma Yoga
4:00pm - 6:00pm	Teaching / Dharma Talk / Meditation
6:00pm	Supper
7:30pm - 9:00pm	Teaching / Protector Puja and Vajrasattva Meditation