



NYUNG NE

With Dungsey Lhuntrul Dechen Rinpoche

Schedule

First cycle

Friday 13 May	since 18:30	Soup (dinner)
	20:00	Wellcome & Taeching: Lhuntrul Rinpoche
1.Day Saturday	5:30 - 11:15	Praxis with break for breakfast
(Monday 2. Cycle)	11:30	Lunch: please be on time (torma fabrication)
	15:00 - 19:30	Praxis with short break
	20:00	Yoghurt then start of fasting
2.Day Sunday (Fasting day)		since wakeup complete fasting without drinking
(Tuesday 2. Cycle)	5:30 - 11:15	Praxis with short break
	15:00 - 19:30	Praxis with short break
3.Day Monday	5:30 - 6:00	Praxis
(Wednesday 2. Cycle)	6:00	Porridge and chai / end of fasting
		Then breakfast for people who leaving
= 1. Day from the 2. Cycle	6:30 - 11:15	Praxis with break for breakfast
	idem first day	and so on