



December

Teaching Weekend
with Rob Sok



Schedule

Saturday, 6th of
December

8AM: PERSONAL PRACTISE

10AM: COFFEE/BREAKFAST

11AM: PERSONAL PRACTISE

1PM: LUNCH

2PM: TALK "THE FOUR BASIC THOUGHTS"

5PM: SOCIAL TIME/DINNER

Friday
Night
Sangha
Time

Sunday, 7th of
December

8AM: PERSONAL PRACTISE

10AM: COFFEE/BREAKFAST

11AM: PERSONAL PRACTISE

1PM: LUNCH

2PM: TALK "NGONDRO – THE FOUR
PRELIMINARY PRACTICES"

4PM: 16TH KARMAPA (CLOSE)