

Lam Rim online Retreat

With Venerable Mary

Saturday 8th August

1st Zoom session: 10am to 12pm (BST)

2nd Zoom session: 2:00pm to 4:00pm (BST)

Sunday 9th August

Morning: Personal Practice time

Zoom session: 2:00pm to 4:00pm (BST)

Monday 10th August

Zoom session: 10am to 12pm

Afternoon: Personal Practice time

Tuesday 11th August

Morning: Personal Practice time

Zoom session: 2:00pm to 4:00pm (BST)

Wednesday 12th August

1st Zoom session: 10am to 12pm (BST)

2nd Zoom session: 2:00pm to 4:00pm (BST)

