

Schedule for Nyung Nay Online live streaming from 19th to 21st May and one live stream session on the 26th May Morning

First Meeting online: On Wednesday 19th May a general overview from 7:00pm to 8:00pm (BST)

Nyung Na One [Thursday 20th/Friday 21st May]

DAY ONE Thursday 20th May

- Precepts 5:00am - 5.45am
- Session One 5.45am – 8.30am
- Session Two 9.30am – 11.45am

LUNCH

- Session Three 4pm – 7.30pm

DAY TWO Friday 21st May NO Food or Drink

- Precepts 5.30am – 6.15am
- Session One 6.30am – 9.30am
- Session Two 11.30am – 2.30pm
- Session Three 4pm – 7.30pm

Nb: Tsog needs to be offered on this day.

People who will only do one set, miss out the precepts on the morning of the third day and do the practice at 5.45am like in the first session of the first day and finishing off with extensive dedication prayers.

People continuing, just carry on as normal, using the schedule and recordings from the first set.

On the morning of Wednesday 26th May we meet online again to finish off the retreat with extensive dedication prayers: 4:00am - 7.15/30am

BREAKFAST

End of retreat