

**Two-Day Meditation Retreat with Orgyen Chowang Rinpoche
The Heart Essence of Longchenpa and Objectless Meditation
Pema Osel Ling
November 1-2, 2014**

Schedule

Saturday November 1

7:30 – 9:00 am	Ngondro and Concise Khandro Thukthik puja
9:00 – 9:30 am	Breakfast
10:30 – 12:30 pm	Teachings and Meditation with Orgyen Chowang Rinpoche
12:30 – 1:00 pm	Lunch
3:00 – 5:00 pm	Teachings and Meditation, continued
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Teachings and Meditation, continued

Sunday November 2

7:30 – 9:00 am	Shower of Blessings puja
9:00 – 9:30 am	Breakfast
10:30 – 12:30 pm	Teachings and Meditation with Orgyen Chowang Rinpoche
12:30 – 1:00 pm	Lunch
3:00 – 5:00 pm	Teachings and Meditation, continued & Tsokhang Dechen tsok puja
5:00 – 5:30 pm	Dinner