



THE FIVE WISDOM ENERGIES PRACTICE

COMMUNITY WEEKEND PROGRAM SCHEDULE

as part of Shambhala School of Buddhist Studies
First Cycle, 4

(Schedule varies from teacher to teacher; this is only one possibility.)

FRIDAY

8:00 Talk 1

 SPACIOUS BUDDHA
 Ritual Opening

SATURDAY

9:15 am Guided Meditation
10:00 PRECISE VAJRA
12:00 Lunch (together)
1:30 pm Guided Meditation
2:00 EXPANSIVE RATNA
3:30 Tea
4:00 Talk 2

SUNDAY

9:00 am Guided Meditation
9:30 DISCRIMINATING PADMA
11:30 Celebration Lunch Preparation
12h:00 Celebration Lunch - Offerings
1:15 pm Break
1:45 Guided Meditation
2:15 ALL ACCOMPLISHING KARMA
3:50 Fast snack
4:20 Talk 3 - Ritual closing

Optional: individual interview