**Welcome to**

**Introduction to Tibetan Buddhism**

**Daily Schedule**

**First day**

3pm Check in

5pm Tea in dining room

5.45pm introductory session in Chenrezig Gompa

6.30pm Dinner

7.30pm Meditation

Subsequent days

6.30am Meditation

7.30am Breakfast

9.15am Teaching

11.30am Lunch

2.00pm Discussion

3.00pm Break

3.30pm Teaching

5.00pm Tea in dining room

5.45pm Meditation

6.30pm Dinner

7.30pm Meditation, Q.A, other activities

**2 days silent retreat**

Silent retreat, with guided meditations throughout the day

**Last day**

6.30am Meditation

7.30am Breakfast

9.30 am Last teaching

11.30am Lunch

12.30 pm Check-out from Kopan if you are leaving.

**Course discipline**

**We request you to follow the course discipline as explained and laid out below.**

**Silence** will begin every evening at 10 pm and continue until lunch is finished on the next day.  It is preferable to leave the dining room before talking.

Please ensure you **attend all sessions** and try to be there at least five minutes early.

**If you are sick** you must inform the course leader, either in person or by note.  If you leave a note, give your name and room number so we can check on you.  There is a clinic available, ask in the office.

Please remember you are in a monastery and **dress appropriately** - no short shorts, no see through blouses or dresses.

**No smoking** inside the monastery grounds

For problems with your accommodation, check with the reception after lunch.

**By participating in this course you have agreed to NOT engage in:  killing, stealing, lying, intoxicants, sexual conduct and playing music.**

**We thank you for your co-operation.**