



Nyung Nay Retreat

with Venerable Dekyi



11th June – Check in

4pm

Gompa setup

6pm

Welcome session

12th June – Day 1

5.30am

Session 1

8am

Break

9

Session 2

11.30

Lunch

2.30

Session 3

13th June – Day 2

5.30am

Session 1

8am

Break

9.30

Session 2

12.30

Session 3

5:30

Session 4

14th June – Day 3

5.30

Session 1

8am

Breakfast

9am

Gompa pack down