



# Nyung Nay Retreat

with Venerable Dekyi



## 10<sup>th</sup> June

4pm

Gompa setup

6pm

**Welcome session**

## 11<sup>th</sup> June – Day 1

5.30am

**Session 1**

8am

Break

9

**Session 2**

11.30

Lunch

2.30

**Session 3**

## 12<sup>th</sup> June – Day 2

5.30am

**Session 1**

9.00

**Session 2**

1.00

**Session 3**

5:30

**Session 4**

## 13<sup>th</sup> June – Day 3

5.30

**Session 1**

8am

Breakfast

9am

**Gompa pack down**