



Nyung Nay Retreat

with Venerable Dekyi



6th April

4pm

Gompa setup

6pm

Welcome session

7th April – Day 1

5.30am

Session 1

8am

Break

9

Session 2

11.30

Lunch

2.30

Session 3

8th April – Day 2

5.30am

Session 1

9.00

Session 2

1.00

Session 3

5:30

Session 4

9th April – Day 3

5.30am

Session 1

8am

Break

9

Session 2

11.30

Lunch

2.30

Session 3

10th April – Day 4

5.30am

Session 1

9.00

Session 2

1.00

Session 3

5:30

Session 4

11th April – Day 5

5.30

Session 1

8am

Breakfast

9

Gompa pack up