

**MAHAMUDRA – THE GREAT SEAL**  
**TEACHINGS GIVEN BY KYABJE RIZONG RINPOCHE**  
Translator Tenzin Tsepag

**MONDAY 10<sup>th</sup> – WEDNESDAY 12<sup>th</sup> MARCH, 2008**

<b>MONDAY</b>	<b>PROGRAMME</b>	<b>VENUE</b>
6:30–7:15	Supper	
7:30 – 8:15	CHANTING PRAISE & REQUEST TO 21 TARAS	Shrine Room
8:30 –9:30	INTRODUCTION TO MAHAMUDRA	In Lounge
9:30 – 10:00	QUIET TIME & BED	
<hr/>		
<b>TUESDAY</b>		
6:00	ARISE (Optional)	
6:30 – 7:30	MORNING PUJA	In Shrine Room
7:30 – 8:00	PERSONAL PRACTICE	
8:00 – 8:45	Breakfast	
9:00 – 9:30	Food Preparation etc. Arrival of Non-Residentials	
10:00 – 11:30	Session 1 — TEACHINGS – RIZONG RINPOCHE	In Lounge
11:30 – 12:00	Tea Break	
12:15 – 12:45	Session 1 — MEDITATION	In Lounge
1:00 – 2:00	Lunch	
2:30 – 3:30	Helping Hour	
3:45 – 5:15	Session 2 — TEACHINGS – RIZONG RINPOCHE	In Lounge
5:30 – 6:00	Session 2 — MEDITATION	In Lounge
6:00 – 7:00	Supper	
7:00 – 7:30	Personal Practice	
7.30 – 8:15	CHANTING PRAISE & REQUEST TO 21 TARAS	In Shrine Room
8.30 – 9:30	ANY QUESTIONS ON MAHAMUDRA	In Lounge
9.30 – 10:00	QUIET TIME & BED	
<hr/>		
<b>WEDNESDAY</b>		
6:00	ARISE (Optional)	
6:30 – 7:30	MORNING PUJA	In Shrine Room
8:00 – 8:45	Breakfast	
9:00 – 9:30	Food Preparation etc. Arrival of Non-Residentials	
10:00 – 11:30	Session 3 — TEACHINGS – RIZONG RINPOCHE	In Lounge
11:30 – 11:45	Tea Break	
11:45 – 12:15	MEDITATION	In Lounge
12:15 – 12:45	ANY FINAL QUESTIONS ON MAHAMUDRA – RIZONG RINPOCHE	In Lounge
1:00 – 2:00	Lunch	
2:30 – 3 :30	Help would be most to clean and tidy the Centre	

**THANK YOU FOR SUPPORTING LAM RIM BUDDHIST CENTRE. MAY YOUR SPIRITUAL PRACTICES DEVELOP AND FLOURISH TO BENEFIT ALL BEINGS**

**N.B.: PLEASE MAINTAIN MINDFUL SILENCE THROUGHOUT THESE TWO DAYS OF TEACHINGS.**