



**GYALSHEN
INSTITUTE**
for the
Study of Zhang Zhung and
Tibetan Culture, Inc.

**YUAN YUAN
EDUCATIONAL
FOUNDATION**



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INNER MA GYU TANTRIC EMPOWERMENT

PROGRAM SCHEDULE

Saturday 21

9:00 AM – 10:00 AM	Registration
10:00 AM - 11:30 AM	Welcome and Opening with Mandala creation
11:30 AM - 11:45 AM	Break
11:45 AM - 12:30 PM	Teaching and practice
12:30 PM - 1:30 PM	Lunch break
1:30 PM - 3:00 PM	Chanting and meditation
3:00 PM - 3:15 PM	Break
3:15 PM - 4:30 PM	Teaching

Sunday 22

7:00 AM - 9:00 AM	Monks chant (participation option for attendees)
9:00 AM - 10:30 AM	Chanting and meditation
10:30 AM - 10:45 AM	Break
10:45 AM - 12:00 PM	Ma Gyu mask dance and teaching
12:00 PM - 1:30 PM	Lunch break
1:30 PM - 3:00 PM	Ma Gyu initiation
3:00 PM - 3:15 PM	Break
3:15 PM - 4:30 PM	Continuation and conclusion of Ma Gyu initiation
4:30 PM – 5:00 PM	Khata offering