



## Daily Practice Schedule

Many students have expressed interest in using the week of Tsoknyi Rinpoche's teachings to do a home retreat. We suggest dividing the day into sessions of approximately 1 hour. One session will be the "teaching session" with Rinpoche. Guided Meditations will be available on the Retreat Event Page to use in your practice.

The exact schedule depends on your time zone, schedule, health, etc. You will need to adjust the schedule to meet your needs. We recommend choosing a plan that works for you and trying to stick to it. Of course, within a session you may find your mind overtaken by dullness or agitation; please use whatever methods Rinpoche recommends to work with this. For example, you may find it beneficial to stand up, shake your body, put on more clothing or remove layers, stretch out your legs, say prayers or mantras, etc. Following Rinpoche's approach to training, we recommend steadiness and diligence without tightness.

Because Rinpoche's students are spread worldwide, the timing of the "teaching session" will vary, so please adjust your schedule as needed for your time zone and length of the teachings. A sample schedule for North American students on Mountain time could be as follows:

### MORNING TEACHINGS AND PRACTICE

7:30 – 8:30	Contemplating/Meditating
8:30 – 8:45	Break
8:45 – 9:45	Contemplating/Meditating
9:45 – 10	Break
10 - 12	Teachings with Rinpoche

### AFTERNOON PRACTICE

12 – 1:30	Lunch and rest/exercise
1:30 – 2:30	Contemplating/Meditating
2:30 – 2:45	Break
2:45 – 3:45	Contemplating/Meditating
3:45 – 4:00	Break
4:00 – 5:00	Contemplating/Meditating
5:00 – 7:00	Dinner and break
7:00 – 8:00	Contemplating/Meditating