| 大手印闭关 2021年8月 20 - 22日 |               |                |                |                |                       |                        |
|------------------------|---------------|----------------|----------------|----------------|-----------------------|------------------------|
| 日程                     | 巴西            | 美西             | 美东             | 墨西哥            | 中国                    | 中欧                     |
| 周五 8/20                |               |                |                |                |                       |                        |
| 欢迎致辞                   | 7:30PM - 8PM  | 3:30PM - 4PM   | 6:30PM - 7PM   | 5:30PM - 6PM   | (Sat) 6:30AM -<br>7AM | (Sat) 12:30AM -<br>1AM |
| 开示 1<br>竹庆本乐仁波切        | 8PM - 9:30PM  | 4PM - 5:30PM   | 7PM - 8:30PM   | 6PM - 7:30PM   | (Sat) 7AM -<br>8:30AM | (Sat) 1AM -<br>2:30AM  |
| 周六 8/21                |               |                |                |                |                       |                        |
| 大手印禅修,阿闍黎<br>喇嘛滇巴嘉晨帶領  | 12PM - 1:30PM | 8AM - 9:30AM   | 11AM - 12:30PM | 10AM - 11:30AM | 11PM - 12:30AM        | 5PM - 6:30PM           |
| 开示 2<br>竹庆本乐仁波切        | 2:30PM - 4PM  | 10:30AM - 12PM | 1:30PM - 3PM   | 12:30PM - 2PM  | (Sun) 1:30AM -<br>3AM | 7:30PM - 9PM           |
| 开示 3<br>竹庆本乐仁波切        | 8PM - 9:30PM  | 4PM - 5:30PM   | 7PM - 8:30PM   | 6PM - 7:30PM   | (Sun) 7AM -<br>8:30AM | (Sun) 1AM -<br>2:30AM  |
| 周日 8/22                |               |                |                |                |                       |                        |
| 各语言组复习讨论               | 4AM - 5AM     | 12AM - 1AM     | 3AM - 4AM      | 2AM - 3AM      | 3PM - 4PM             | 9AM - 10AM             |
| 大手印禅修,阿闍黎<br>喇嘛滇巴嘉晨帶領  | 12PM - 1:30PM | 8AM - 9:30AM   | 11AM - 12:30PM | 10AM - 11:30AM | 11PM - 12:30AM        | 5PM - 6:30PM           |
| 开示 4<br>竹庆本乐仁波切        | 2:30PM - 4PM  | 10:30AM - 12PM | 1:30PM - 3PM   | 12:30PM - 2PM  | (Mon) 1:30AM -<br>3AM | 7:30PM - 9PM           |