

Schedule for 14-15 and 21-22 March in Toronto and Montreal

Schedule (Eastern Time Zone)

	Friday, 14 March	Friday, 21 March
6:30 - 7:00 pm	Meditation	Meditation
7:00 - 9:00 pm	Session One	Session Four
	Saturday, 15 March	Saturday, 22 March
9:00 - 9:30 am	Meditation	Meditation
9:30 - 12:30 pm	Session Two - with breaks	Session Five - with breaks
12:30 - 2:00 pm	LUNCH - Pot Luck for ONSITE	LUNCH - Pot Luck for ONSITE
2:00 - 2:30 pm	Meditation / Lujong	Meditation / Lujong
2:30 - 6:30 pm	Session Three - with breaks	Session Six - with breaks