

**DAILY SCHEDULE OF XVI BODHGAYA PHOWA COURSE BY H.E
“CHOEJE” AYANG RINPOCHE FROM JAN 5 – 14’ 2010**

DATE	DAY	TIME	TOPIC
January 5	Tuesday	5.30.PM	Introduction to Phowa
January 6	Wednesday	5.PM	Buddha Amitabha Empowerment
January 7	Thursday	6.AM	Phowa Teaching
		5.PM	Phowa Teaching (Continue)
January 8	Friday	6.AM	Phowa Oral Transmission Blessing*
		5.PM	Phowa Practice
January 9	Saturday	6.AM	Buddha Vajrasattva Teaching
		5.PM	Phowa Practice
January 10	Sunday	8.AM	Drikung Phowa Teaching
		2.PM	Drikung Phowa Practice
		5.PM	Three Excellence Teaching *
January 11	Monday	8.AM	Buddha Amitabha Meditation Teaching *
		2.PM	Drikung Phowa Practice
		5.PM	Namchoe Amitabha short Sadhana Practice.
January 12	Tuesday	8.AM	Teaching on doing Phowa for others at the moment of death. *
		2.PM	Short Nyingma Phowa Practice
		5.30.PM	Milarepa Tsog Offering Prayer
January 13	Wednesday	8.AM	Teaching on doing Phowa for oneself at the moment of death.
		2.PM	Short Drikung Phowa Practice
		5.30.PM	Instruction on Phowa Practice after Phowa Course
January 14	Thursday	8.AM	Amitabha Buddha Tsog offering and Amitabha Pureland Aspiration Prayer. *

* Indicates: Open for Public