



MARPA KAGYU DHARMA SOCIETY
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NYUNGNE RETREAT REGISTRATION FORM

Registration Fee: **SGD120**

PERSONAL INFORMATION

Name _____ (Mr / Ms. / Mrs / Miss)

Address _____

Email _____

Contact No _____

Do you have any medical condition that required you to consume food or water?

No Yes (food / drink)

If yes, please indicate your medical condition and any diet restriction so that we can arrange either food or drink for your consumption during the retreat.

* Vegetarian food will be served during the retreat

IN CASE OF EMERGENCY

Friend or relative to contact in an emergency: _____

Relationship to retreatant: _____

Contact No _____

Nyungne RETREAT TIMETABLE

09.08.2012

7.00 AM	Arrival and Registration
8.00 AM - 11.00 AM	Vows & Instruction, Morning Practice 1
11.00 AM - 12.00 PM	Lunch
2.00 PM - 4.30 PM	Practice II
7.00 PM - 9.30 PM	Practice III
10.00 PM	Bed Time

10.08.2012

6.00 AM - 9.30 AM	Practice I
10.30 AM - 1.00 PM	Practice II
2.30 PM - 5.00 PM	Practice III
7.00 PM - 9.30 PM	Practice IV
10.00 PM	Bed Time

11.08.2012

6.00 AM - 7.30 AM	Breakfast
8.00 AM - 11.00 AM	Practice I
11.00 AM - 12.00 PM	Lunch
2.00 PM - 4.30 PM	Practice II
7.00 PM - 9.30 PM	Practice III
10.00 PM	Bed Time

12.08.2012

6.00 AM - 9.30 AM	Practice I
10.30 AM - 1.00 PM	Practice II
2.30 PM - 5.00 PM	Practice III
7.00 PM - 9.30 PM	Practice IV
10.00 PM	Bed Time

13.08.2012

4.30 AM - 6.30 AM	Morning Preayer, dedication of Merits
7.00 AM - 8.00 AM	End of Retreat and Breakfast
8.30 AM	Clean up Centre