

ཕུ་རོ་བ་དཔལ་ས་སྐྱའི་འཛིན་ཏེན་ཞི་བདེའི་སློན་ལམ་ཆོགས་གཤམ།  
EUROPEAN SAKYA MONLAM FOUNDATION

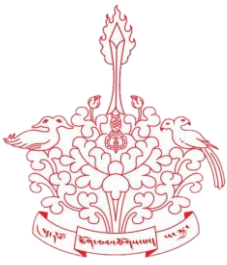
## Europe Sakya Monlam Zuerich 2023

### Schedule

#### First day, Friday, 14 July

<b>Time:</b>	08:30	All Dharma follower will gather In the Main Hall.
	08:45	HH Sakya Gongma Trichen Rinpoche and HH Sakya Trizin 43rd Rinpoche will attend for the Main Guests.
	09:00	Morning prayer session
	10:00	Offering Tea and Boiled Rice
	12:00	Lunch Break
	14:00	Afternoon prayer session
	15:00	offering Tea
	16:15	short break
	16:30-17:30	HE Avikrita Rinpoche will be giving teaching on Parting from the Four Attachments
	19:00 – 20:00	HE 26th Chogye Tripa Rinpoche will be giving teaching on emptiness and Bodhicitta Commentary.

Office:  
Gasstraat 134. 2060 Antwerpen. Belgium. [info@eusakyamonlam.org](mailto:info@eusakyamonlam.org)  
Non Profit Organisation under Belgium Law ( VzW) 0717.824.843



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EUROPEAN SAKYA MONLAM FOUNDATION

## Second day, Saturday, 15 July

**Time:** 08:30 All Dharma follower gather In the Main Hall.

08:45 HH Sakya Gongma Trichen Rinpoche and HH 43rd Sakya Trizin Rinpoche will seat on the Throne.

09:00 HH Sakya Gongma Trichen will be giving teaching on precept vows of the Mahayana Buddhist Mind of Enlightenment.

10:00 Offering Tea and Bread

10:30 Long life ceremony (Tensug) for HH Sakya Gongma Trichen Rinpoche.

11:30 Celebration of Birthday for HH Sakya Gongma Trichen Rinpoche.

12:00 Lunch Break

14:00 Afternoon prayer session

15:00 Offering Tea

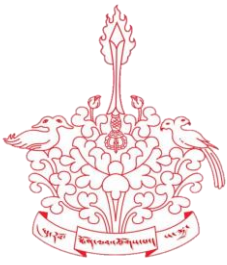
17:00 short break

17:30-18:30 HH 43<sup>rd</sup> Sakya Trizin Gyana Vajra will be giving teaching about The Four Noble Truth.

## Third day, Sunday, 16 July

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EUROPEAN SAKYA MONLAM FOUNDATION

- Time:**
- 08:30 All Dharma follower will gather In the Main Hall.
  - 08:45 HH Sakya Trichen Rinpoche and HH 43rd Sakya Trizin Rinpoche will seat on the Throne.
  - 09:00 Morning prayer session
  - 09:45 HH Sakya Gongma Trichen Rinpoche seat on the Throne.
  - 10:00 Offering Tea and Bread.
  - 12:00 Lunch Break
  - 14:00 Long Life Empowerment and Blessing to public by HH Sakya Gongma Trichen Rinpoche.
  - SP: *Please don't forget to bring own cushion during Monlam or Empowerment because we offer you this Monlam or Empowerment without enter Charge.*
  - 15:00 Offering Tea

EU Sakya Monlam Committee



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