

PROGRAM SCHEDULE (Preliminary)

DATE	TIME	EVENT	VENUE	FEES
6 th March (Wed)	9:30am to 5:30pm	Teacher's Training – NEJANG	Sorig Khang Singapore	SGD 180 SGD 140 for congress participants
7 th March (Thurs)	9:00am to 5:00pm 7.30pm to 9.30pm	SKI Meeting Opening Night – Tibetan Mantra Healing Concert with Drukmo Gyal	Sorig Khang Singapore / Singapore Botanic Gardens TBA	TBA
8 th March (Fri)	9:00am to 6:00pm 8:00pm	7th International Congress on Sowa Rigpa SPECTRA – A Light & Water Show	Suntec Singapore Convention & Exhibition Centre Event Plaza, Marina Bay Sands Singapore	SGD 480 for 2-day Congress (includes Mantra concert, lunches and tea breaks) SGD 380 Early Bird Price before/on 7th Dec 2018 FOC
9 th March (Sat)	9:00am to 6:00pm 7:45pm Till late	7th International Congress on Sowa Rigpa GARDEN RHASODY Closing party!	Suntec Singapore Convention & Exhibition Centre Supertree Grove, Gardens by the Bay TBA	FOC TBA
11 th - 12 th March (Mon - Tues)	9:30am to 5:30pm each day	Dr. Nida Chenagtsang's public teaching – Ati Yoga & special Yuthok Nyingthig Guru Sadhana Transmission	City Beach Resort, Port Road, Singapore	By Donation
13 th March (Wed)		Travel to Bali, Indonesia	Check-in to Puri Lumbung	
14 th March (Thurs)	All day	Sightseeing Activities/Tour • Herbal Medicine Class • Waterfall trek	Puri Lumbung Cottage, Munduk Eco Hotel, Bali Indonesia	USD 770* Early bird special (register & pay on/before 7th Dec 2018) USD 920* (register & pay from 8 th Dec 2018 onwards) Single room supplement: USD 225 Registration closing date: 12 th Feb 2019
15 th - 21 st March (Fri - Thurs)	All day	Residential 7-Day retreat with Dr. Nida Chenagtsang – Union of Mahamudra & Karmamudra (with Dream Yoga night practice)	Puri Lumbung Cottage, Munduk Eco Hotel, Bali Indonesia Check-out: 22 nd March	*including accommodation (twinshare, 9 nights), meals during retreat (include breakfast & lunch only, juice or soup for dinner provided, those who require dinner may order by ala carte at the restaurant at your own expense), tour activities on 14 th March and 2-way airport transfers Excluding course texts and international flight.