

## Exemple of a joint practice day

<b>05:00</b>	Gong	si...
<b>05:00 - 07:00</b>	Personal practice	...len...
<b>07:00 - 07:45</b>	Joint practice of Shine	...ce...
<b>07:45 - 08:00</b>	Preparation of breakfast	...until...
<b>08:00 - 08:30</b>	Breakfast	...08:15
<b>08:30 - 08:45</b>	Task sharing meeting	
<b>08:45 - 12:00</b>	Joint practice	
<b>12:00 - 12:15</b>	Joint practice of Shine	
<b>12:15 - 13:00</b>	Lunch* and cleaning of tables	* first 15 minutes in silence
<b>13:00 - 14:00</b>	«Le-Dren» in silence* (except for the sharing of essential information)	* work in complete presence
<b>14:30 - 17:45</b>	Joint practice*	* with tea break at the temple in silence
<b>17:45 - 19:00</b>	Practice of the Protectors	
<b>19:00 - 19:15</b>	Finishing the preparation of the dinner	heat the soup and set the table
<b>19:15 - 20:00</b>	Dinner* and washing up	* first 15 minutes in silence
<b>20:00 - 20:45</b>	Joint practice of Chenrezig*	* or Amitabha or Milam Lungten
<b>20:45 - 21:30</b>	Teaching or Q&A	silence from 20:45 or 21:30 until the next day at 08:15
<b>22:00 - 05:00</b>	Overnight rest	