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## Sunday 11am – Practice Schedule

For those who have received teachings on these practices.

Sun 22 Oct Drikung Phowa

Sun 29 Oct 10-levels Amitabha

Sun 5 Nov Nyingma Phowa

Sun 12 Nov Drikung Phowa

Sun 19 Nov Drikung Phowa

Sun 26 Nov Short (Namcho) Amitabha

Sun 3 Dec Nyingma Phowa

Sun 10 Dec Drikung Phowa

Sun 17 Dec 10-Levels Amitabha

Sun 24 Dec Nyingma Phowa

Sun 31 Dec Vajrasattva

Sun 7 Jan Drikung Phowa