

Each class is 45 minutes long and starts on the hour.
 Guests can buy more book of vouchers anytime during the event.
 4 vouchers to attend each class.

| Program | Main Hall | Blue Room | Green Room | Orange Room | Kids' Room |
|----------|---|--|--|---|----------------------------------|
| 10:00 am | Opening Blessing by Khenpo Jampa Rinpoche | | | | |
| 10:15 am | The Art of Practicing Tibetan meditation by Khenpo Jampa Rinpoche | | | | |
| 11:00 am | | How to Bring Out the Best in Yourself by Brian Baker | Tibet: Land and People by Daniel Winkler, M. Sc. | Yoga | Kids Yoga by Macy Ratliff |
| 12 noon | The Magic of Tibet (very brief version of Tibet and People) by Daniel Winkler M. Sc. E@E video | No class between 12 noon and 1 pm. Lunch is available for purchase using vouchers (1 to 4) | | | |
| 12:30pm | Tibetan Dance by children from Tibetan Culture & Language School | | | | |
| 1:00 pm | Chair Massage 1 – 3 pm | Stress Management & Wellness by Dr. Morgan Binnie | Relieving Pain & Tension - Heskiers Method by Martin Heskier | Yoga Safety Tips by Patti Shelton, MD | Kid Craft |
| 2:00 pm | | Holistic Nutrition & Naturopathic Health by Dr. Brooke Weitz | Pre-Buddhist Tibetan Mythology- King Gesar Epic by Allison Stieger, M.A. | Yoga | Movie/Craft |
| 3:00 pm | | Maps and Hacks for the journey of life by Ngina Shulman | | Sound Bath Healing by Dawn Little Torres | Movie/ Craft |