



ASCENSION TOUR

MASTER LAMA RASAJI **LIVE!**

Itinerary for San Antonio

FRIDAY	10 AM	TCG Class led by Master Lama Rasaji Location: Hotel Meeting Room
	330 - 500 PM	Store AND Registration Opens
	500 - 515 PM	ASCENSION TOUR BEGINS - Welcome
	515 - 530 PM	Special Music (2 songs)
	530 - 600 PM	TCG and Meditation
	600 - 645 PM	History & Ch 1 (Energy/Chi)
	645 - 715 PM	Q&A
	715 - 730 PM	Special Music (1 song)
	730 PM	End First Session
SATURDAY	900 AM	Begin Live Stream - be in your seats :)
	900 - 930 AM	Welcome and Special Music
	930 - 1015 AM	TCG and Meditation
	1015 - 1115 AM	Ch 2 (Mind) & Ch 3 (Breath)
	1115 - 1200 PM	Energy/Medicine Collaborative - Panel Dr
	Jeanie - San Antonio and Ambaya Tucson - per Lamaji on 1/11/24	
	Noon- 200 PM	Lunch Break
	200 - 600 PM	Live Stream Continues - be in your seats :)
		Emperor's Choice, Lama's Lotus
		Ch 4 (Movement & TCG Walking)
		BREAK
		Opening the Mobile Portal
		The Form: Intro
		Chapter 5 (Nutrition)
		Chapter 6 & 7 (Work & Money)
		Microcosmic Orbit
	600 PM	End Live Stream
SUNDAY	900 AM	Closing Session Begins
	900 -Noon	The Form: Advanced
		Chapter 8 & 9 (Friendships & Nature)
		Message from Master Lama Rasaji
		Blessing of Malas & Passing the Staff
		Special Music
		End Weekend Session