



## ASCENSION TOUR

MASTER LAMA RASAJI **LIVE!**

### Itinerary

FRIDAY	<b>10 AM</b>	<b>TCG Class led by Master Lama Rasaji</b> Location: Hotel Meeting Room
	330 - 445 PM	Store AND Registration Hours
	<b>500 - 515 PM</b>	<b>ASCENSION TOUR BEGINS - Welcome</b>
	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)
	<b>730 PM</b>	<b>End First Session</b>
SATURDAY	<b>900 AM</b>	<b>Begin Live Stream - be in your seats :)</b>
	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
	<b>Noon- 200 PM</b>	<b>Lunch Break</b>
	200 - 530 PM	<b>Live Stream Continues - be in your seats :)</b>
		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
	<b>530 PM</b>	<b>End Live Stream</b>
SUNDAY	<b>900 AM</b>	<b>Closing Session Begins</b>
	900 -Noon	The Form: Advanced
		Chapter 8 & 9 (Friendships & Nature)
		Message from Master Lama Rasaji
		Blessing of Malas & Passing the Staff
		Special Music
		<b>End Weekend Session</b>