



ASCENSION TOUR

MASTER LAMA RASAJI **LIVE!**

Itinerary for Murfreesboro, TN

FRIDAY	10 AM	TCG Class led by Master Lama Rasaji Location: Hotel Meeting Room
	300 - 500 PM	Store AND Registration Opens
	500 - 515 PM	ASCENSION TOUR BEGINS - Welcome
	515 - 530 PM	Special Music
	530 - 600 PM	TCG and Meditation
	600 - 630 PM	History & Ch 1 (Energy/Chi)
	630 - 700 PM	Q&A
	700 PM	End First Session
SATURDAY	930 AM	Begin Live Stream - be in your seats :)
	930 - 1000 AM	Welcome and Special Music
	1000 - 1045 AM	TCG and Meditation
	1045 - 1115 AM	Ch 2 (Mind) & Ch 3 (Breath)
	1115 - 1200 PM	Energy/Medicine Collaborative - Panel
	Noon- 200 PM	Lunch Break
	200 - 500 PM	Live Stream Continues - be in your seats :)
		Emperor's Choice, Lama's Lotus
		Ch 4 (Movement & TCG Walking)
		Opening the Mobile Portal
		The Form: Intro
		Chapter 5 (Nutrition)
		Chapter 6 & 7 (Work & Money)
		Microcosmic Orbit
	500 PM	End Live Stream
SUNDAY	900 AM	Closing Session Begins
	900 -Noon	The Form: Advanced
		Chapter 8 & 9 (Friendships & Nature)
		SPECIAL TRAINING: Master Lama Rasaji
		Message from Master Lama Rasaji
		Special Music
		End Weekend Session