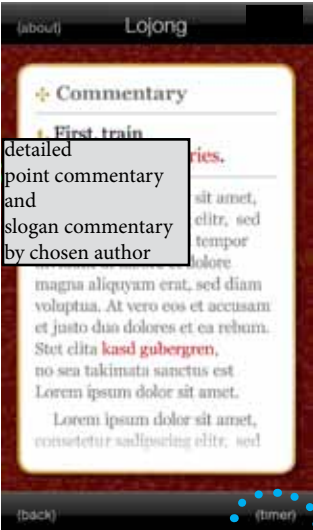


further commentary
Jamgon Kongtrul
Chogyam Trungpa Rinpoche
Pema Chodron
Traleig Kyabgon Rinpoche



timer
Start to Start of Warm-up: 10 seconds
Warm-up: 3-10 minutes (1 minute intervals)
Active: 5-60 minutes (5 minute intervals)
Cool-down: 3-10 minutes (1 minute intervals)
Pause and Restart and Stop bell sound