

Tibet	West	Day	Practice	Gyukar	Element	Animal
26	10. Jan	Son		0	Metall	Monkey
27	11. Jan	Mon		1	Metall	Bird
28	12. Jan	Tue		2	Water	Dog
29	13. Jan	Wed	Dharmapala	3	Water	Pig
30	14. Jan	Thu	Sojong	4	Wood	Mouse
30	15. Jan	Fri		5	Wood	Ox
1	16. Jan	Sat	Buddha	6	Fire	Tiger
2	17. Jan	Son		7	Fire	Hare
3	18. Jan	Mon	Drikung Könchog Ratna (1. Chetsar	8	Earth	Dragon
4	19. Jan	Tue		9	Earth	Snake
5	20. Jan	Wed		10	Metall	Horse
6	21. Jan	Thu		11	Metall	Sheep
7	22. Jan	Fri		12	Water	Monkey
8	23. Jan	Sat	Tara	13	Water	Bird
9	24. Jan	Son	Mahakala	14	Wood	Dog
10	25. Jan	Mon	Guru Rinpoche	15	Wood	Pig
11	26. Jan	Tue		16	Fire	Mouse
12	27. Jan	Wed		17	Fire	Ox
13	28. Jan	Thu		18	Earth	Tiger
14	29. Jan	Fri		19	Earth	Hare
15	30. Jan	Sat	Amitabha, Phowa	20	Metall	Dragon
17	31. Jan	Son		21	Metall	Snake
18	1. Feb	Mon	Drikung Rigzin Chökyi Drakpa (1. C	22	Water	Horse
19	2. Feb	Tue	Achi Chökyi Drölma	23	Water	Sheep
20	3. Feb	Wed		24	Wood	Monkey
21	4. Feb	Thu		25	Wood	Bird
22	5. Feb	Fri		26	Fire	Dog
23	6. Feb	Sat		0	Fire	Pig
24	7. Feb	Son		1	Earth	Mouse
25	8. Feb	Mon	Dakini	2	Earth	Ox
26	9. Feb	Tue		3	Metall	Tiger
27	10. Feb	Wed		4	Metall	Hare
28	11. Feb	Thu		5	Water	Dragon
29	12. Feb	Fri	Gütor / Dharmapala	6	Water	Snake
30	13. Feb	Sat	Sojong	7	Wood	Horse
1	14. Feb	Son	Losar - Tibet. New Year 2137	8	Wood	Sheep
1	15. Feb	Mon	Buddha	9	Fire	Monkey
2	16. Feb	Tue		10	Fire	Bird
3	17. Feb	Wed	Sangchö	11	Earth	Dog
4	18. Feb	Thu		12	Earth	Pig
5	19. Feb	Fri		13	Metall	Mouse
6	20. Feb	Sat		14	Metall	Ox
7	21. Feb	Son		15	Water	Tiger
8	22. Feb	Mon	Tara	16	Water	Hare
9	23. Feb	Tue	Mahakala	17	Wood	Dragon
10	24. Feb	Wed	Guru Rinpoche	18	Wood	Snake
11	25. Feb	Thu		19	Fire	Horse
13	26. Feb	Fri		20	Fire	Sheep
14	27. Feb	Sat	Milarepa	21	Earth	Monkey
15	28. Feb	Son	CHÖTRUL DÜCHEN	22	Earth	Bird
16	1. Mar	Mon		23	Metall	Dog

Tibet	West	Day	Practice	Gyukar	Element	Animal
17	2. Mar	Tue		24	Metall	Pig
18	3. Mar	Wed		25	Water	Mouse
20	4. Mar	Thu	Achi Chökyi Drölma	26	Water	Ox
21	5. Mar	Fri		0	Wood	Tiger
22	6. Mar	Sat		1	Wood	Hare
23	7. Mar	Son		2	Fire	Dragon
24	8. Mar	Mon		3	Fire	Snake
24	9. Mar	Tue		4	Earth	Horse
25	10. Mar	Wed	Dakini	5	Earth	Sheep
26	11. Mar	Thu		6	Metall	Monkey
27	12. Mar	Fri		7	Metall	Bird
28	13. Mar	Sat		8	Water	Dog
29	14. Mar	Son	Dharmapala	9	Water	Pig
30	15. Mar	Mon	Sojong	10	Wood	Mouse
1	16. Mar	Tue	Buddha	11	Wood	Ox
2	17. Mar	Wed		12	Fire	Tiger
3	18. Mar	Thu	Sangchö	13	Fire	Hare
4	19. Mar	Fri		14	Earth	Dragon
5	20. Mar	Sat		15	Earth	Snake
6	21. Mar	Son		16	Metall	Horse
7	22. Mar	Mon		17	Metall	Sheep
8	23. Mar	Tue	Tara	18	Water	Monkey
9	24. Mar	Wed	Mahakala	19	Water	Bird
10	25. Mar	Thu	Guru Rinpoche	20	Wood	Dog
11	26. Mar	Fri		21	Wood	Pig
12	27. Mar	Sat		22	Fire	Mouse
13	28. Mar	Son		23	Fire	Ox
14	29. Mar	Mon	Amitabha, Phowa	24	Earth	Tiger
16	30. Mar	Tue		25	Earth	Hare
17	31. Mar	Wed		26	Metall	Dragon
18	1. Apr	Thu		0	Metall	Snake
19	2. Apr	Fri	Achi Chökyi Drölma	1	Water	Horse
20	3. Apr	Sat		2	Water	Sheep
21	4. Apr	Son		3	Wood	Monkey
22	5. Apr	Mon		4	Wood	Bird
23	6. Apr	Tue		5	Fire	Dog
24	7. Apr	Wed		6	Fire	Pig
25	8. Apr	Thu	Dakini	7	Earth	Mouse
26	9. Apr	Fri		8	Earth	Ox
26	10. Apr	Sat		9	Metall	Tiger
27	11. Apr	Son		10	Metall	Hare
28	12. Apr	Mon		11	Water	Dragon
29	13. Apr	Tue	Dharmapala	12	Water	Snake
30	14. Apr	Wed	Sojong	13	Wood	Horse
1	15. Apr	Thu	Buddha	14	Wood	Sheep
2	16. Apr	Fri		15	Fire	Monkey
3	17. Apr	Sat	Sangchö	16	Fire	Bird
4	18. Apr	Son		17	Earth	Dog
5	19. Apr	Mon		18	Earth	Pig
6	20. Apr	Tue		19	Metall	Mouse
7	21. Apr	Wed		20	Metall	Ox

Tibet	West	Day	Practice	Gyukar	Element	Animal
8	22. Apr	Thu	Tara	21	Water	Tiger
10	23. Apr	Fri	Guru Rinpoche	22	Water	Hare
11	24. Apr	Sat		23	Wood	Dragon
12	25. Apr	Son		24	Wood	Snake
13	26. Apr	Mon		25	Fire	Horse
14	27. Apr	Tue		26	Fire	Sheep
15	28. Apr	Wed	Amitabha, Phowa	0	Earth	Monkey
16	29. Apr	Thu		1	Earth	Bird
17	30. Apr	Fri		2	Metall	Dog
18	1. May	Sat		3	Metall	Pig
19	2. May	Son	Achi Chökyi Drölma	4	Water	Mouse
20	3. May	Mon		5	Water	Ox
21	4. May	Tue		6	Wood	Tiger
22	5. May	Wed		7	Wood	Hare
23	6. May	Thu		8	Fire	Dragon
24	7. May	Fri		9	Fire	Snake
25	8. May	Sat	Dakini	10	Earth	Horse
26	9. May	Son		11	Earth	Sheep
27	10. May	Mon		12	Metall	Monkey
28	11. May	Tue		13	Metall	Bird
29	12. May	Wed	Dharmapala	14	Water	Dog
30	13. May	Thu	Sojong	15	Water	Pig
1	14. May	Fri	Buddha	16	Wood	Mouse
2	15. May	Sat		17	Wood	Ox
3	16. May	Son	Sangchö	18	Fire	Tiger
4	17. May	Mon		19	Fire	Hare
5	18. May	Tue		20	Earth	Dragon
6	19. May	Wed		21	Earth	Snake
7	20. May	Thu	Birth of Buddha Shakyamuni	22	Metall	Horse
8	21. May	Fri	Tara	23	Metall	Sheep
9	22. May	Sat	Mahakala	24	Water	Monkey
10	23. May	Son	Guru Rinpoche	25	Water	Bird
12	24. May	Mon		26	Wood	Dog
13	25. May	Tue		0	Wood	Pig
14	26. May	Wed		1	Fire	Mouse
15	27. May	Thu	SAGADAWA	2	Fire	Ox
16	28. May	Fri		3	Earth	Tiger
17	29. May	Sat		4	Earth	Hare
18	30. May	Son		5	Metall	Dragon
19	31. May	Mon	Achi Chökyi Drölma	6	Metall	Snake
20	1. June	Tue		7	Water	Horse
21	2. June	Wed		8	Water	Sheep
21	3. June	Thu		9	Wood	Monkey
22	4. June	Fri		10	Wood	Bird
23	5. June	Sat		11	Fire	Dog
24	6. June	Son		12	Fire	Pig
25	7. June	Mon	Jigten Sumgön / Dakini	13	Earth	Mouse
26	8. June	Tue		14	Earth	Ox
27	9. June	Wed		15	Metall	Tiger
28	10. June	Thu		16	Metall	Hare
29	11. June	Fri	Dharmapala	17	Water	Dragon

Tibet	West	Day	Practice	Gyukar	Element	Animal
30	12. June	Sat	Sojong	18	Water	Snake
1	13. June	Son	Buddha	19	Wood	Horse
2	14. June	Mon	Sangchö	20	Wood	Sheep
4	15. June	Tue		21	Fire	Monkey
5	16. June	Wed	CHÖKOR DÜCHEN	22	Fire	Bird
6	17. June	Thu		23	Earth	Dog
7	18. June	Fri		24	Earth	Pig
8	19. June	Sat	Tara	25	Metall	Mouse
9	20. June	Son	Mahakala	26	Metall	Ox
10	21. June	Mon	Guru Rinpoche	0	Water	Tiger
11	22. June	Tue		1	Water	Hare
12	23. June	Wed		2	Wood	Dragon
13	24. June	Thu		3	Wood	Snake
14	25. June	Fri		4	Fire	Horse
15	26. June	Sat	Dzamling Chi Sang	5	Fire	Sheep
16	27. June	Son		6	Earth	Monkey
17	28. June	Mon		7	Earth	Bird
18	29. June	Tue		8	Metall	Dog
19	30. June	Wed	Achi Chökyi Drölma	9	Metall	Pig
20	1. July	Thu		10	Water	Mouse
21	2. July	Fri		11	Water	Ox
22	3. July	Sat		12	Wood	Tiger
23	4. July	Son		13	Wood	Hare
24	5. July	Mon		14	Fire	Dragon
25	6. July	Tue	Dakini	15	Fire	Snake
26	7. July	Wed		16	Earth	Horse
27	8. July	Thu		17	Earth	Sheep
28	9. July	Fri		18	Metall	Monkey
29	10. July	Sat	Dharmapala	19	Metall	Bird
30	11. July	Son	Sojong	20	Water	Dog
1	12. July	Mon	Buddha	21	Water	Pig
2	13. July	Tue		22	Wood	Mouse
3	14. July	Wed	Sangchö	23	Wood	Ox
4	15. July	Thu	CHÖKOR DÜCHEN	24	Fire	Tiger
6	16. July	Fri		25	Fire	Hare
7	17. July	Sat		26	Earth	Dragon
8	18. July	Son	Tara	0	Earth	Snake
9	19. July	Mon	Mahakala	1	Metall	Horse
10	20. July	Tue	Guru Rinpoche	2	Metall	Sheep
11	21. July	Wed		3	Water	Monkey
12	22. July	Thu		4	Water	Bird
13	23. July	Fri		5	Wood	Dog
14	24. July	Sat		6	Wood	Pig
15	25. July	Son	Amitabha, Phowa	7	Fire	Mouse
16	26. July	Mon		8	Fire	Ox
17	27. July	Tue		9	Earth	Tiger
18	28. July	Wed		10	Earth	Hare
19	29. July	Thu	Achi Chökyi Drölma	11	Metall	Dragon
20	30. July	Fri		12	Metall	Snake
21	31. July	Sat		13	Water	Horse
22	1. Aug	Son		14	Water	Sheep

Tibet	West	Day	Practice	Gyukar	Element	Animal
23	2. Aug	Mon		15	Wood	Monkey
24	3. Aug	Tue		16	Wood	Bird
25	4. Aug	Wed	Dakini	17	Fire	Dog
26	5. Aug	Thu		18	Fire	Pig
27	6. Aug	Fri		19	Earth	Mouse
28	7. Aug	Sat		20	Earth	Ox
29	8. Aug	Son	Dharmapala	21	Metall	Tiger
30	9. Aug	Mon	Sojong	22	Metall	Hare
1	10. Aug	Tue	Buddha	23	Water	Dragon
2	11. Aug	Wed		24	Water	Snake
3	12. Aug	Thu	Sangchö	25	Wood	Horse
4	13. Aug	Fri		26	Wood	Sheep
5	14. Aug	Sat		0	Fire	Monkey
6	15. Aug	Son		1	Fire	Bird
7	16. Aug	Mon		2	Earth	Dog
8	17. Aug	Tue	Tara	3	Earth	Pig
9	18. Aug	Wed	Mahakala	4	Metall	Mouse
10	19. Aug	Thu	Guru Rinpoche	5	Metall	Ox
11	20. Aug	Fri		6	Water	Tiger
12	21. Aug	Sat		7	Water	Hare
13	22. Aug	Son		8	Wood	Dragon
14	23. Aug	Mon		9	Wood	Snake
15	24. Aug	Tue	Amitabha, Phowa	10	Fire	Horse
16	25. Aug	Wed		11	Fire	Sheep
17	26. Aug	Thu		12	Earth	Monkey
18	27. Aug	Fri		13	Earth	Bird
19	28. Aug	Sat	Achi Chökyi Drölma	14	Metall	Dog
20	29. Aug	Son		15	Metall	Pig
21	30. Aug	Mon		16	Water	Mouse
22	31. Aug	Tue		17	Water	Ox
22	1. Sept	Wed		18	Wood	Tiger
23	2. Sept	Thu		19	Wood	Hare
25	3. Sept	Fri	Dakini	20	Fire	Dragon
26	4. Sept	Sat		21	Fire	Snake
27	5. Sept	Son		22	Earth	Horse
28	6. Sept	Mon		23	Earth	Sheep
29	7. Sept	Tue	Dharmapala	24	Metall	Monkey
30	8. Sept	Wed	Sojong	25	Metall	Bird
1	9. Sept	Thu	Buddha	26	Water	Dog
3	10. Sept	Fri	Sangchö	0	Water	Pig
4	11. Sept	Sat		1	Wood	Mouse
5	12. Sept	Son		2	Wood	Ox
6	13. Sept	Mon		3	Fire	Tiger
7	14. Sept	Tue		4	Fire	Hare
8	15. Sept	Wed	Tara	5	Earth	Dragon
9	16. Sept	Thu	Mahakala	6	Earth	Snake
10	17. Sept	Fri	Guru Rinpoche	7	Metall	Horse
11	18. Sept	Sat		8	Metall	Sheep
12	19. Sept	Son		9	Water	Monkey
13	20. Sept	Mon		10	Water	Bird
14	21. Sept	Tue		11	Wood	Dog

Tibet	West	Day	Practice	Gyukar	Element	Animal
14	22. Sept	Wed		12	Wood	Pig
15	23. Sept	Thu	Amitabha, Phowa	13	Fire	Mouse
16	24. Sept	Fri		14	Fire	Ox
17	25. Sept	Sat		15	Earth	Tiger
18	26. Sept	Son		16	Earth	Hare
19	27. Sept	Mon	Achi Chökyi Drölma	17	Metall	Dragon
20	28. Sept	Tue		18	Metall	Snake
21	29. Sept	Wed		19	Water	Horse
22	30. Sept	Thu		20	Water	Sheep
23	1. Oct	Fri		21	Wood	Monkey
24	2. Oct	Sat		22	Wood	Bird
25	3. Oct	Son	Dakini	23	Fire	Dog
26	4. Oct	Mon		24	Fire	Pig
27	5. Oct	Tue		25	Earth	Mouse
29	6. Oct	Wed	Dharmapala	26	Earth	Ox
30	7. Oct	Thu	Sojong	0	Metall	Tiger
1	8. Oct	Fri	Buddha	1	Metall	Hare
2	9. Oct	Sat		2	Water	Dragon
3	10. Oct	Son	Sangchö	3	Water	Snake
4	11. Oct	Mon		4	Wood	Horse
5	12. Oct	Tue		5	Wood	Sheep
6	13. Oct	Wed		6	Fire	Monkey
7	14. Oct	Thu		7	Fire	Bird
8	15. Oct	Fri	Tara	8	Earth	Dog
9	16. Oct	Sat	Mahakala	9	Earth	Pig
10	17. Oct	Son	Guru Rinpoche	10	Metall	Mouse
11	18. Oct	Mon		11	Metall	Ox
12	19. Oct	Tue		12	Water	Tiger
13	20. Oct	Wed		13	Water	Hare
14	21. Oct	Thu		14	Wood	Dragon
15	22. Oct	Fri	Amitabha, Phowa	15	Wood	Snake
16	23. Oct	Sat		16	Fire	Horse
17	24. Oct	Son		17	Fire	Sheep
18	25. Oct	Mon		18	Earth	Monkey
19	26. Oct	Tue	Achi Chökyi Drölma	19	Earth	Bird
20	27. Oct	Wed		20	Metall	Dog
21	28. Oct	Thu		21	Metall	Pig
22	29. Oct	Fri	LHABAB DÜCHEN	22	Water	Mouse
23	30. Oct	Sat		23	Water	Ox
24	31. Oct	Son		24	Wood	Tiger
25	1. Nov	Mon	Dakini	25	Wood	Hare
26	2. Nov	Tue		26	Fire	Dragon
27	3. Nov	Wed		0	Fire	Snake
28	4. Nov	Thu		1	Earth	Horse
29	5. Nov	Fri	Dharmapala	2	Earth	Sheep
1	6. Nov	Sat	Buddha	3	Metall	Monkey
2	7. Nov	Son		4	Metall	Bird
3	8. Nov	Mon	Sangchö	5	Water	Dog
4	9. Nov	Tue		6	Water	Pig
5	10. Nov	Wed		7	Wood	Mouse
6	11. Nov	Thu		8	Wood	Ox

Tibet	West	Day	Practice	Gyukar	Element	Animal
7	12. Nov	Fri		9	Fire	Tiger
8	13. Nov	Sat	Tara	10	Fire	Hare
8	14. Nov	Son		11	Earth	Dragon
9	15. Nov	Mon	Mahakala	12	Earth	Snake
10	16. Nov	Tue	Guru Rinpoche	13	Metall	Horse
11	17. Nov	Wed		14	Metall	Sheep
12	18. Nov	Thu		15	Water	Monkey
13	19. Nov	Fri		16	Water	Bird
14	20. Nov	Sat		17	Wood	Dog
15	21. Nov	Son	Amitabha, Phowa	18	Wood	Pig
16	22. Nov	Mon		19	Fire	Mouse
17	23. Nov	Tue		20	Fire	Ox
18	24. Nov	Wed		21	Earth	Tiger
19	25. Nov	Thu	Achi Chökyi Drölma	22	Earth	Hare
20	26. Nov	Fri		23	Metall	Dragon
21	27. Nov	Sat		24	Metall	Snake
22	28. Nov	Son		25	Water	Horse
23	29. Nov	Mon		26	Water	Sheep
24	30. Nov	Tue	Dakini	0	Wood	Monkey
26	1. Dec	Wed		1	Wood	Bird
27	2. Dec	Thu		2	Fire	Dog
28	3. Dec	Fri		3	Fire	Pig
29	4. Dec	Sat	Dharmapala	4	Earth	Mouse
30	5. Dec	Son	Sojong	5	Earth	Ox
1	6. Dec	Mon	Buddha	6	Metall	Tiger
2	7. Dec	Tue		7	Metall	Hare
3	8. Dec	Wed	Sangchö	8	Water	Dragon
4	9. Dec	Thu		9	Water	Snake
5	10. Dec	Fri		10	Wood	Horse
6	11. Dec	Sat		11	Wood	Sheep
7	12. Dec	Son		12	Fire	Monkey
8	13. Dec	Mon	Tara	13	Fire	Bird
9	14. Dec	Tue	Mahakala	14	Earth	Dog
9	15. Dec	Wed		15	Earth	Pig
10	16. Dec	Thu	Guru Rinpoche	16	Metall	Mouse
11	17. Dec	Fri		17	Metall	Ox
12	18. Dec	Sat		18	Water	Tiger
13	19. Dec	Son		19	Water	Hare
14	20. Dec	Mon		20	Wood	Dragon
15	21. Dec	Tue	Amitabha, Phowa	21	Wood	Snake
16	22. Dec	Wed		22	Fire	Horse
18	23. Dec	Thu		23	Fire	Sheep
19	24. Dec	Fri	Achi Chökyi Drölma	24	Earth	Monkey
20	25. Dec	Sat		25	Earth	Bird
21	26. Dec	Son		26	Metall	Dog
22	27. Dec	Mon		0	Metall	Pig
23	28. Dec	Tue		1	Water	Mouse
24	29. Dec	Wed		2	Water	Ox
25	30. Dec	Thu	Dakini	3	Wood	Tiger
26	31. Dec	Fri		4	Wood	Hare
27	1. Jan	Sat		5	Fire	Dragon

Tibet	West	Day	Practice	Gyukar	Element	Animal
28	2. Jan	Son		6	Fire	Snake
29	3. Jan	Mon	Dharmapala	7	Earth	Horse
30	4. Jan	Tue	Sojong	8	Earth	Sheep
1	5. Jan	Wed	Buddha	9	Metall	Monkey
2	6. Jan	Thu		10	Metall	Bird
3	7. Jan	Fri	Sangchö	11	Water	Dog
4	8. Jan	Sat		12	Water	Pig
5	9. Jan	Son		13	Wood	Mouse
6	10. Jan	Mon		14	Wood	Ox
7	11. Jan	Tue		15	Fire	Tiger
8	12. Jan	Wed	Tara	16	Fire	Hare
9	13. Jan	Thu	Mahakala	17	Earth	Dragon
10	14. Jan	Fri	Guru Rinpoche	18	Earth	Snake
11	15. Jan	Sat		19	Metall	Horse
12	16. Jan	Son		20	Metall	Sheep
13	17. Jan	Mon		21	Water	Monkey
14	18. Jan	Tue		22	Water	Bird
15	19. Jan	Wed	Amitabha, Phowa	23	Wood	Dog
16	20. Jan	Thu		24	Wood	Pig
17	21. Jan	Fri		25	Fire	Mouse
18	22. Jan	Sat		26	Fire	Ox
19	23. Jan	Son	Achi Chökyi Drölma	0	Earth	Tiger
20	24. Jan	Mon		1	Earth	Hare
22	25. Jan	Tue		2	Metall	Dragon
23	26. Jan	Wed		3	Metall	Snake
24	27. Jan	Thu		4	Water	Horse
25	28. Jan	Fri	Dakini	5	Water	Sheep
26	29. Jan	Sat		6	Wood	Monkey
27	30. Jan	Son		7	Wood	Bird
28	31. Jan	Mon		8	Fire	Dog
29	1. Feb	Tue	Gütor / Dharmapala	9	Fire	Pig
30	2. Feb	Wed	Sojong	10	Earth	Mouse
1	3. Feb	Thu	LOSAR - Iron-Hare 2138	11	Earth	Ox
2	4. Feb	Fri		12	Metall	Tiger
2	5. Feb	Sat		13	Metall	Hare
3	6. Feb	Son	Sangchö	14	Water	Dragon
4	7. Feb	Mon		15	Water	Snake
5	8. Feb	Tue		16	Wood	Horse
6	9. Feb	Wed		17	Wood	Sheep
7	10. Feb	Thu		18	Fire	Monkey
8	11. Feb	Fri	Tara	19	Fire	Bird
9	12. Feb	Sat	Mahakala	20	Earth	Dog
10	13. Feb	Son	Guru Rinpoche	21	Earth	Pig
11	14. Feb	Mon		22	Metall	Mouse
12	15. Feb	Tue		23	Metall	Ox
13	16. Feb	Wed		24	Water	Tiger
14	17. Feb	Thu		25	Water	Hare
15	18. Feb	Fri	CHÖTROL DÜCHEN	26	Wood	Dragon
17	19. Feb	Sat		0	Wood	Snake
18	20. Feb	Son		1	Fire	Horse
19	21. Feb	Mon		2	Fire	Sheep